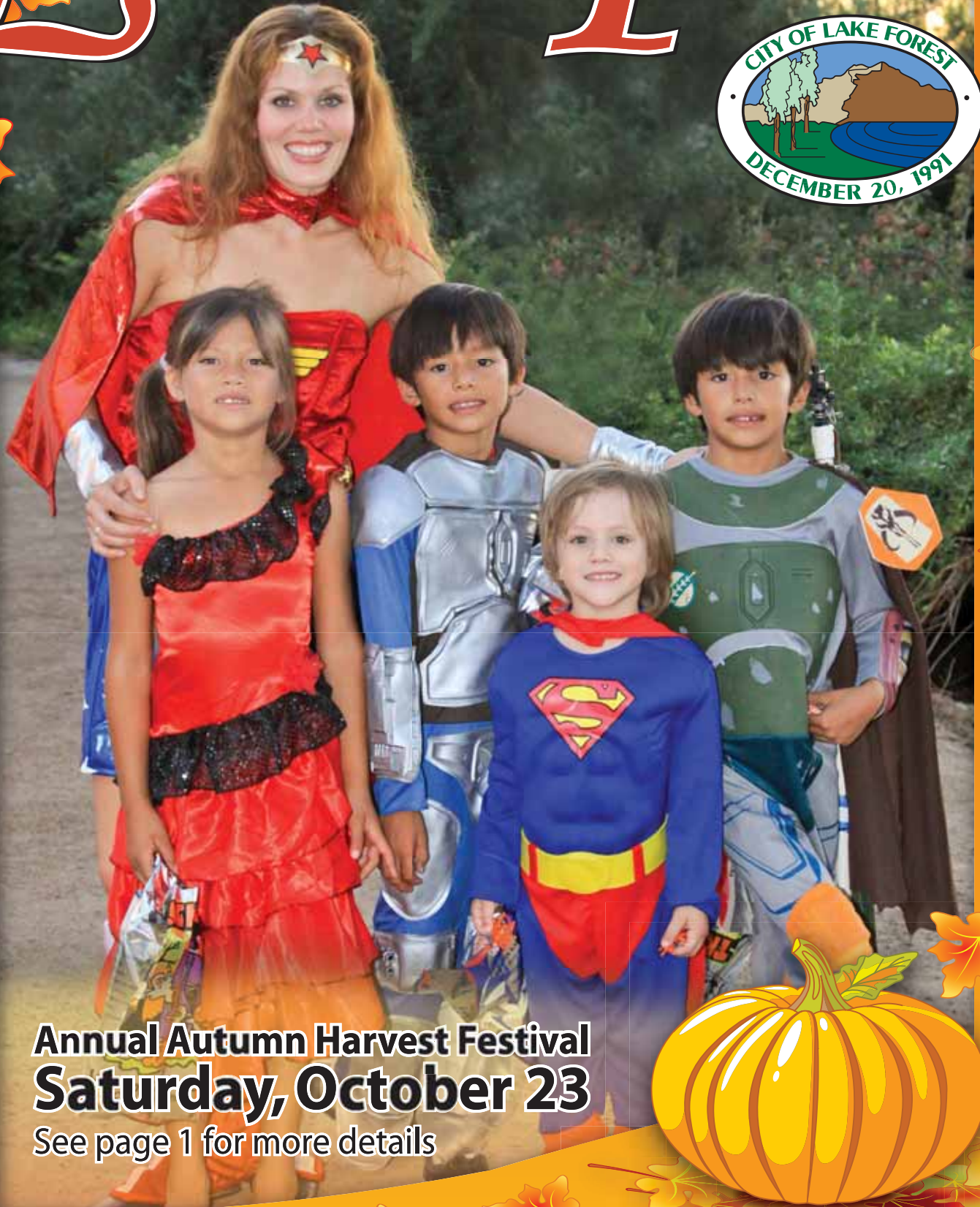


CITY OF LAKE FOREST

Fall 2010

September, October, November

Leisure Times



Annual Autumn Harvest Festival
Saturday, October 23

See page 1 for more details

↓ PULL OUT & SAVE! ↓



LEISURE TIMES INDEX

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Contact Information

Lake Forest Community Center
25550 Commercentre Dr
Lake Forest, CA 92630
461-3450
www.lakeforestca.gov

Etnies Skatepark
of Lake Forest 916-5870
www.etnieskateparkoflakeforest.com

Lake Forest Teens 461-3446
www.LFteens.com

Lake Forest Seniors 461-3408
www.lakeforestca.gov/seniors

IVC Emeritus
Registration 451-5555

SVUSD
Recreation 768-0981, press 3

Building Inspection 461-3470

City Clerk 461-3420

City Council 461-3400

City Manager's Office . . . 461-3410

Community
Policing Center 461-3530

Employment Hotline 461-3418

Fields Hotline 461-3595

Graffiti Hotline 461-3583

Planning 461-3491

Public Works 461-3480

Recreation 461-3450

Redevelopment 461-3567

Front Cover Photo: John McGuire

Community Services Fall Quarter HOLIDAY/CLOSED FRIDAY SCHEDULE

For general questions regarding Community Services Programs on these days visit the City website at www.lakeforestca.gov. You can also register for programs even on these closed days. Visit our on-line registration at online.activecommunities.com/lifeonline.

The Community Services Department will be closed on the following holidays:
(No classes will be held on these dates.)

- Monday, September 6 (Labor Day)
- Thursday, November 11 (Veterans' Day)
- Thursday, November 25 (Thanksgiving Day)

City Hall is closed to the public on alternating Fridays, with staff working longer hours until 6:00 pm during the remainder of the work week to serve you better! During the months of September, October, and November, City Hall is closed on the following Fridays:

- Friday, September 3
- Friday, September 17
- Friday, October 1
- Friday, October 15
- Friday, October 29
- Friday, November 12
- Friday, November 26



CITY SPECIAL EVENTS

Haunt at Heritage Hill

Be a part of the 3rd annual Haunt at Heritage Hill "Friday Night Fright," as the Park is once again transformed into a Haunted Adventure. This Halloween teen/adult friendly event will include a Haunted School House with a Fright Maze, a scare zone, video game contests and an extreme DJ with light show. Feel free to join in the fun and come dressed in costume as your favorite character, but no masks please. Be ready to have fun, be ready to be scared, be ready to laugh, be ready to scream, but please be ready...

Fee: \$5.00 per person

Location: Heritage Hill Historical Park (25151 Serrano Rd)

To Register: Pay at the door day of the event

For more info call: The City of Lake Forest at 461-3450

12+ (6th grade and older) Oct 22 Fri 5:30-10:00 pm



Join us for a
screening of
the hit movie
"Twilight"!

Autumn Harvest Festival

Join us as the Adventure Continues... At the Autumn Harvest Festival held at the Heritage Hill Historical Park. The Park will once again be transformed and decorated as an adventure-filled festival. Some of the attractions will include music by the Kahuna Cowboys, an Adventure Maze, the Haunted School House, American adventure story telling and for the first time ever a live New Orleans Princess Show! The adventure does not stop there because there will be games, trick or treat stations, a costume parade on stage, a glow party, Nectar's Pumpkin Patch, and a movie screening of "It's the Great Pumpkin Charlie Brown." So come ready in costume with trick-or-treat bag in hand as the adventure will take you places beyond your imagination.

Fee: \$4.00 Adults \$3.00 Children (12 & under)

Fee is park admission only. There is a nominal fee for some attractions and games.

Location: Heritage Hill Historical Park (25151 Serrano Rd)

To Register: Pay at the door day of the event

For more info call: The City of Lake Forest at 461-3450

All Ages Oct 23 Sat 4:00-9:00 pm





Family Pet Day Extravaganza

The City of Lake Forest is teaming up with the Friends of Lake Forest Animals to put on the Family Pet Day Extravaganza! There will be information booths, vendors and entertainment for two-legged and four-legged friends. So put on your hat and bring your favorite furry friends to beautiful Pittsford Park for an afternoon of family fun. Be sure to bring your camera for photo ops with Nectar, "The Official Mascot of the City of Lake Forest," and the competitors in the annual Pet Contest. There will be low cost licensing, vaccination and pet adoptions, provided by the O.C. Animal Care Services. Food and gift items will be available for sale, with proceeds benefiting local nonprofits and local animals in need.

Fee: Free. Nominal fee for some activities and vendors

Location: Pittsford Park (21701 Pittsford Dr)

For more info call: The City of Lake Forest at 461-3450.

To participate as a vendor, please contact Friends of Lake Forest Animals at (714) 382-8738 or events@folfa.org

Families Nov 13 Sat 11:00 am-3:00 pm



Bunco or Bust

Calling all Bunco players! We're having some-kind-of-fun at Bunco or Bust! You don't need to know how to play BUNCO... we'll teach you! No skill is involved--just luck...lots of it! The only thing you need to know is how to roll dice. Before Bunco begins enjoy yummy appetizers, non-alcoholic margaritas and beverages. Prizes will be given away...so what's stoppin' ya?

Fee: \$7.00 per person

Location: Lake Forest Community Center
(25550 Commercentre Dr)



To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#:1770 Adults/Seniors Sep 10 Fri 7:00-9:30 pm

FALL EVENTS AT A GLANCE



DATE	TIME	EVENT	LOCATION	FEE
Fri., Sept. 3 - Sat., Sept. 4	10 pm Fri -9 am Sat	Start of Fall Skatepark Campout	Etnies Skatepark of Lake Forest	\$35 per person
Fri., Sept. 17	6-10 pm	Band Nights at the Skatepark	Etnies Skatepark of Lake Forest	\$5 per person
Fri., Sept. 24	8 am-1 pm	Free Mammograms	Lake Forest Community Center	Free
Fri., Oct. 1	6-10 pm	Movies at the Skatepark	Etnies Skatepark of Lake Forest	\$5 per person
Sat., Oct. 9	10 am-1 pm	Riverbed Cleanup and Recycle Fest	Etnies Skatepark of Lake Forest	Free
Fri., Oct. 15	6-10 pm	Band Nights at the Skatepark	Etnies Skatepark of Lake Forest	\$5 per person
Fri., Oct. 22	5:30-10 pm	Haunt at Heritage Hill	Heritage Hill Historical Park	\$5 per person (12 yrs & older)
Sat., Oct. 23	4-9 pm	Autumn Harvest Festival	Heritage Hill Historical Park	\$4 adults, \$3 children (12 yrs & under)
Fri., Oct. 29	4-10 pm	Hallow's Eve Bowl Jam	Etnies Skatepark of Lake Forest	\$30
Wed., Nov. 10	10 am-12:30 pm	Senior Resource Fair	Lake Forest Community Center	Free
Sat., Nov. 13	11 am-3 pm	Family Pet Day Extravaganza	Pittsford Park	Free
Sun., Nov. 14	9 am-4 pm	BMX Contest	Etnies Skatepark of Lake Forest	\$30
Fri., Nov. 19	6-10 pm	Band Nights at the Skatepark	Etnies Skatepark of Lake Forest	\$5 per person
Sat., Nov. 27	10 am-6 pm	Skate Street Contest	Etnies Skatepark of Lake Forest	\$30

NATURE PARK & HIKES



The City of Lake Forest is partnering with the County of Orange Resources and Development Management Department to provide a Park Ranger to guide the hikes for our continuing series in the "Take a Hike Program." **It is strongly recommended that hikers wear a hat, sunscreen and sturdy hiking boots/shoes.**

Please note: The level of difficulty varies according to the type of hike offered. Please reference the following info in choosing your participation in our hikes:



DIFFICULTY LEVEL

- **Easy** = flat, level ground for the most part with gentle hill(s)
- **Moderate** = some level ground with some steep hills and rough terrain
- **Strenuous** = mostly steep ground with significant rough terrain
- **Very Strenuous** = Steep ground with very rough terrain

Hike to the Sinks in Limestone Canyon

Hike up "Hangman's Tree Trail" to the "Sinks," a formation similar to the Grand Canyon, yet much smaller in size! See how this canyon is recovering three years after the October 2007 Santiago fire and learn a little about fire recovery. Please wear appropriate footwear and sun protection. Meet at Hangman's Tree parking lot off Santiago Canyon Road, just north of Modjeska Canyon Road on the west side of the road. Approximately a 2 mile hike with moderate terrain. Ages 7 yrs. and older. Hike is limited to 20 participants.

(Difficulty level = Easy to Moderate)

Fee: \$5.00 (includes snack and a bottled water)

Location: Hangman's Tree Parking Lot

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1845 Families Oct 16 Sat 9:00-11:30 am

Agua Chinon Hike in Limestone Canyon

Hike through historic Agua Chinon Wash to the headwaters of the "Sinks." The "Wash" shelters many bird species amongst the oaks, willows, and mulefat including hawks that may be out searching for their prey. Please also wear sturdy, closed-toe shoes. Distance is approx. 4.5 miles and hike time is approximately 3 hours. Ages 7 years and older.

(Difficulty level = Easy to Moderate)

Fee: \$5.00 (includes snack and a bottled water)

Location: Portola Staging Area. (Location details will be sent to hike registrants in a separate confirmation letter.)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1851 Families Nov 6 Sat 9:00 am-12:00 pm



Basic Bugs with Dr. Sue's Traveling Insect Zoo

Come enjoy the beauty of our Nature Park with "Dr. Sue, The Bug Lady" as she shares her traveling insect and arthropod zoo with you and your family. Have fun learning the basics about "bug" bodies. Meet Dr. Sue's not so quiet Crickets! See and touch different kinds of live insects. Make and eat your own edible snack! Yummy! We'll also have arts & crafts sure to bug you! Pre-registration is required for this program, so register early.

Fee: \$5.00 per person

Location: Lake Forest Nature Park (26215 Dimension Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1844 Families Sep 18 Sat 5:30-7:00 pm

Three easy ways to register:
on-line, mail-in or walk-in!
Turn to pages 31-32 for more info.

YOUTH SPORTS PROGRAMS

Small Fry Football

What a great way to start your fall season – with a Pee Wee football program! This is a six week flag football program focusing on sportsmanship, skills and overall fun! This program will include a t-shirt and participation award for each child. First meeting will be an informational meeting only. Practices will include stretching and skills. The final day of the program will include the Big Game.

Instructor: SVUSD Staff

Fee: \$45 (includes t-shirt)

Location: Pittsford Park (21701 Pittsford Dr)

For more info or to register call: SVUSD at 768-0981, press 3

Act #: 50439 4-5 yrs Sep 11-Oct 16 Sat 9:30-10:30 am



Could we have your email address?

In order to keep you in the loop with exciting news and various class and program updates from Community Services, it's important that we have your current email address. Just give us a call during normal business hours and we'll update your family account with the info. If you don't already have a family account set up with us, we can help you with that, too!



YOUTH



Goal Zone- Flag Football

Are you interested in playing organized sports? Goal Zone is a five-week sport program for kids, grades 1-6. Enjoy the opportunity to gain the skills needed to excel and have fun.

Teams will meet once a week for four weeks to practice. At the end of four weeks, a team will travel to another school (transportation by school bus is provided) to compete against that school. Children must be picked up immediately following Goal Zone or be a registered participant in the Kids' Factory, after school drop-in recreation program at the school.

Instructor: SVUSD Staff

Fee: \$20 (includes t-shirt)

Location: Aliso, Gates, Foothill, Lake Forest, La Madera, Olivewood, Portola, Rancho Canada & Santiago Elementary Schools

For more info or to register call: SVUSD at 768-0981, press 3

Times vary depending on school (call for details)

Act #: 50442	1-6 grade	Sep 27-Oct 25	Mon	Portola Hills
Act #: 50443	1-6 grade	Sep 27-Oct 25	Mon	Foothill Ranch
Act #: 50444	1-6 grade	Sep 28-Oct 26	Tue	Rancho Canada
Act #: 50447	1-6 grade	Sep 28-Oct 26	Tue	Gates
Act #: 50446	1-6 grade	Sep 29-Oct 27	Wed	Olivewood
Act #: 50445	1-6 grade	Sep 29-Oct 27	Wed	Lake Forest
Act #: 50448	1-6 grade	Sep 30-Oct 28	Thu	Aliso
Act #: 50449	1-6 grade	Sep 30-Oct 28	Thu	Santiago
Act #: 50450	1-6 grade	Oct 1-Oct 29	Fri	La Madera

Cross Country

Do you like to run? Have you ever run a long distance race? This is a six week program focusing on distance running, sportsmanship, skills and overall fun! This program will include a t-shirt and participation award for each child. First meeting will be an informational meeting only. Practices will include stretching and learning the skills needed to be a better runner.

Instructor: SVUSD Staff

Fee: \$35 (includes t-shirt)

Location: Pittsford Park (21701 Pittsford Dr)

For more info or to register call: SVUSD at 768-0981, press 3

Act #: 50441 6-14 yrs Nov 9-Dec 14 Tue 3:30-5:30 pm



Kids' Factory

Kids' Factory is a drop-in program sponsored by the City of Lake Forest and is designed for elementary school children grades K-6. This program offers recreational activities and is not considered an accredited child care program. All activities include crafts, sports and games, which are held outdoors and are subject to cancellation due to unfavorable weather conditions. If weather conditions are questionable, call the Weather Hotline, 460-2735, after 11:00 am.

Instructor: SVUSD Staff

Fee: \$25.00 – entire school year

Locations: Aliso, Gates, Foothill, Lake Forest, La Madera, Olivewood, Portola, Rancho Canada, & Santiago Elementary Schools.

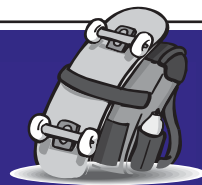
To Register: Online at www.saddlebackrecreation.com or on-site registration by a parent or legal guardian is required.

For more info call: SVUSD at 768-0981, press 3

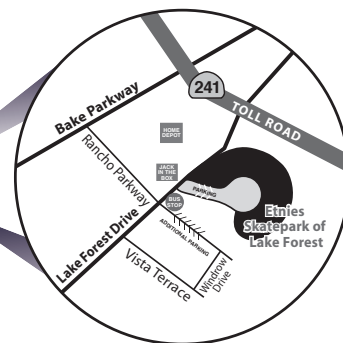
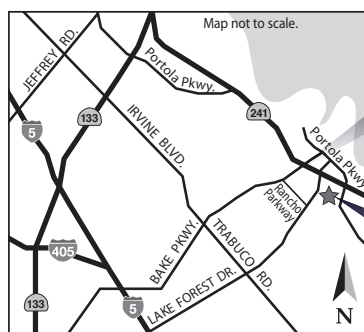
Act #: 50455	K-6 grade	Sep 13-Jun 17	Mon-Fri	Aliso
Act#: 50456	K-6 grade	Sep 13-Jun 17	Mon-Fri	Foothill
Act#: 50457	K-6 grade	Sep 13-Jun 17	Mon-Fri	Gates
Act#: 50458	K-6 grade	Sep 13-Jun 17	Mon-Fri	Lake Forest
Act#: 50459	K-6 grade	Sep 13-Jun 17	Mon-Fri	La Madera
Act#: 50460	K-6 grade	Sep 13-Jun 17	Mon-Fri	Olivewood
Act#: 50461	K-6 grade	Sep 13-Jun 17	Mon-Fri	Portola
Act#: 50462	K-6 grade	Sep 13-Jun 17	Mon-Fri	Rancho Canada
Act#: 50463	K-6 grade	Sep 13-Jun 17	Mon-Fri	Santiago

Times vary depending on school dismissal.

ETNIES SKATEPARK OF LAKE FOREST



Etnies Skatepark
of Lake Forest
20028 Lake Forest Drive
Lake Forest, CA 92630



This world class outdoor skating and BMX facility includes features for all skill levels! The Park is open to the public 7 days a week, including most holidays.

Park Entry Fee: Free!

Location: 20028 Lake Forest Dr

For more info call: The Etnies Skatepark of Lake Forest at 916-5870 or visit the Skatepark Website at www.etnieskateparkoflakeforest.com for updated information on the Park. In the case of inclement weather, please call ahead to see if the Park is open.

Fall, Winter, Spring Schedule (September 2-May 31)

Skateboarding Sessions

Mon	11:00 am-9:00 pm
Tues	1:00 pm-9:00 pm
Wed	11:00 am-7:00 pm
Thurs	11:00 am-9:00 pm
Fri	11:00 am-10:00 pm
Sat	10:00 am-10:00 pm
Sun	12:30 pm-9:00 pm

BMX Sessions

Tues	11:00 am-1:00 pm
Wed	7:00 pm-9:00 pm
Sun	10:00 am-12:30 pm



Fall 2010 Holiday Schedule
Closed Thanksgiving Day
November 25, 2010



Make sure to visit www.EtniesSkatepark.com. The website features interactive tours of the Park, up-to-date news, links to the Skatepark Twitter and Facebook, photos of recent events, video, and a collection of history and information about the Skatepark not available anywhere else on the web. It is updated weekly with new content so stop by and check it out!

Follow the Skatepark at
[Facebook.com/EtniesSkatepark](https://www.facebook.com/EtniesSkatepark),
[Twitter.com/EtniesSkatepark](https://twitter.com/EtniesSkatepark) or check
www.EtniesSkatepark.com for latest
 information on the Expansion Project!

www.EtniesSkatepark.com



Riverbed Cleanup and Recycle Fest

Do your part to help out the environment and keep your local Skatepark clean. Over 40 participants helped with our initial river bed cleanup. Donate your time and energy to cleaning up the riverbed and adjacent trails to the Skatepark and receive free BBQ lunch and opportunity prize tickets for some great donated prizes. Bring in your cans and the individual with the most cans will win a new skateboard. All cans will be turned in to the recycling center and funds raised will go directly to the "Keep-N-It Free" campaign. This is an all-ages event and a great time for families or individuals wanting to make a difference.

Fee: Free food, drink, and opportunity prize tickets with participation in clean up

Location: Etnies Skatepark of Lake Forest
 (20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

All Ages Oct 9 Sat 10:00 am-1:00 pm





Movies at the Skatepark

Come out and enjoy a movie theater at the Skatepark while you skate. Movies to be shown are skateboard films. Watch in surround sound on the big screen, then go ride in the Park. We even bring out the popcorn cart and roll out the red carpet!

Fee: \$5 per person

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

All Ages Oct 1 Fri 6:00-10:00 pm



Band Nights at the Skatepark

The Skatepark has grown into one of the premier all ages venues for music in South Orange County. With bands like JFA, Dubluva, Smogtown, The Stitches, along with many local acts, patrons can enjoy a great concert in a safe environment. Come out to see some great music and support your local Skatepark!

Fee: \$5 entry per person

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870 or check out www.EtniesSkatepark.com.

All Ages	Sep 17	Fri	6:00-10:00 pm
All Ages	Oct 15	Fri	6:00-10:00 pm
All Ages	Nov 19	Fri	6:00-10:00 pm



2010 Fall Classic Skate/BMX Contest Series

The Fall Classic contest series at The Etnies Skatepark of Lake Forest is going to be the best to date with a chance for all participants to win great prizes. Three separate event dates are scheduled. The contests will be the Hallow's Eve Bowl Jam, Classic Street, and BMX. Contest details will be available closer to the date of each contest at the Skatepark office or check EtniesSkatepark.com for more information. Registration will take place the morning of each day at the Park beginning at 9:00 am (3:00 pm for Bowl Event).

Fee: \$30 day of entry fee per event – includes a contest t-shirt

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

All Ages	Hallow's Eve Bowl Jam	Oct 29	Fri	4:00-10:00 pm
All Ages	Skate Street Contest	Nov 27	Sat	10:00 am-6:00 pm
All Ages	BMX Contest	Nov 14	Sun	9:00 am-4:00 pm

Interested vendors wishing to have a booth at any event or for sponsorship opportunities, please email Ngates@lakeforestca.gov or call 916-5870.

Start of Fall Skatepark Campout

Come celebrate the end of summer with one of our popular Skatepark Campouts. This event is for all ages and will be supervised. Skateboard, camp, and watch movies. Snacks and breakfast will be served. You'll need to bring a sleeping bag and pillow to sleep under the stars, which is if you sleep at all with all the skateboarding going on! The gates will be locked and staffed at 10:00 pm and campers will not be permitted to leave until 9:00 am the following morning. (Any participants under the age of 8 must be accompanied by an adult.)

Fee: \$35 entry fee per person

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

All Ages	Sep 3, 4	Fri, Sat	10:00 pm Fri – 9:00 am Sat
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Skateboard and BMX Birthday Parties at the Skatepark

Make your next party a Skate or BMX Party! The Skatepark offers two very popular birthday party packages for the best action sports party available in South Orange County.

Party Package Details

- Both packages are designed for 10 participants with the option of an additional 10 participants.
- Each party is scheduled in a 2-hour block (during the week from 11:00 am-8:00 pm or on weekends from 10:00 am-8:00 pm).
- BMX parties are available during BMX sessions on Sundays from 10:00 am-12:00 pm.
- Reservations are required at least one week in advance with a \$100 security deposit required at the time your reservation is made.
- The Skatepark is open to the public during the birthday party; however, in the case of crowds, an area will be sectioned off to ensure safety and fun.
- The picnic bench area is decorated and reserved for your party goers.

Note: All park policies related to waivers and safety gear are to be followed for party goers and the party host or hostess. Cancellation policy is 72-hour advance notice or loss of deposit will occur.

Inclement weather policy – If the Park is rained out, the party will be rescheduled to the next most convenient time for the Park as well as the participants.



Gold Package – \$350

Our best package includes a Skatepark t-shirt for each participant, birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$20 up to a maximum of 20 participants.

Silver Package – \$250

Our most economic package includes birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$10 up to a maximum of 20 participants.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To reserve your birthday party, please email Ngates@lakeforestca.gov or contact the Skatepark at 916-5870. Please ask to speak with a Senior Recreation Leader on duty to reserve your party. Parties are only confirmed when we receive the required security deposit.

SKATEPARK CLASSES

Beginning Skateboard Lessons

This class is designed for all ages that are new to riding their skateboard. These lessons help develop the basic skills needed for beginners, such as pushing correctly, balance, turning, rolling down banks, learning how to Ollie, and the most important topic, safety in the skateboard park. Full protective gear consisting of a helmet, elbow pads, and knee pads is required. A skateboard purchased from a skateboard shop is highly recommended. A quality board turns better, rolls better, and is much safer to use. This class is taught by experienced Skatepark Staff who create results.

Instructor: Skatepark Staff

Fee: \$55 – 4 week session

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: On-line, Mail In, Walk In

For more info call: The City of Lake Forest at 461-3450

Act#: 1724	6 yrs and up	Sep 7-28	Tue	4:00-5:00 pm
Act#: 1725	6 yrs and up	Oct 5-26	Tue	4:00-5:00 pm
Act#: 1726	6 yrs and up	Nov 2-23	Tue	4:00-5:00 pm
Act#: 1727	6 yrs and up	Sep 4-25	Sat	9:00-10:00 am
Act#: 1728	6 yrs and up	Oct 2-23	Sat	9:00-10:00 am
Act#: 1729	6 yrs and up	Nov 6-27	Sat	9:00-10:00 am

Intermediate Skateboard Lessons

This class is designed for those who have graduated the Beginning Skateboarding Class and want to learn more advanced skills. Skills covered in this class are increasing height of ollies, basics of flip tricks, grinding ledges, riding the pool and bowl, and overall park usage. This is a fundamental class which can help those wanting to improve and hone their skills. Full protective gear consisting of a helmet, elbow pads, and knee pads is required. This class is taught by experienced Skatepark Staff who create results.

Instructor: Skatepark Staff

Fee: \$55 – 4 week session

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1730	6 yrs and up	Sep 7-28	Tue	5:00-6:00 pm
Act#: 1731	6 yrs and up	Oct 5-26	Tue	5:00-6:00 pm
Act#: 1732	6 yrs and up	Nov 2-23	Tue	5:00-6:00 pm
Act#: 1733	6 yrs and up	Sep 4-25	Sat	10:00-11:00 am
Act#: 1734	6 yrs and up	Oct 2-23	Sat	10:00-11:00 am
Act#: 1735	6 yrs and up	Nov 6-27	Sat	10:00-11:00 am



Skateboarding/BMX Lesson and Camp Inclement Weather Policy

If a class is cancelled by the City of Lake Forest due to weather or other facility related circumstances, a make up session will be held on the last day of class. The lesson will last for 2 hours. If the last day of class is cancelled due to weather or other circumstances, a make up class will be scheduled for the participants on the next available date.

Missed Class Policy

Classes cannot be made up if they are missed by the participant.



Private Skateboard Lessons

If you have completed the beginning and intermediate skateboard classes and want to excel in advanced skills, then private lessons are the next step. The Skull Bowl, ledges, or even the 11 stair handrail may be the most intimidating of obstacles for most, but with a few private lessons they may be easier than you'd expect. Private lessons offered at the Skatepark can cater to your skill level on any of the obstacles for all ages. Lessons are taught by experienced staff that specializes in creating results.

Instructor: Skatepark Staff

Fee: \$40 – per forty five minute session. Sign up for a month of classes for \$160 and receive a discount of \$20. Choose the time that works best with your busy schedules.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Mail-In, Walk-In. On-line registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

SEPTEMBER

Act#: 1736 Sep-A	6 yrs and up	Sep 2	Thu	4:00 pm
Act#: 1736 Sep-B	6 yrs and up	Sep 2	Thu	5:00 pm
Act#: 1736 Sep-C	6 yrs and up	Sep 2	Thu	6:00 pm
Act#: 1736 Sep-D	6 yrs and up	Sep 9	Thu	4:00 pm
Act#: 1736 Sep-E	6 yrs and up	Sep 9	Thu	5:00 pm
Act#: 1736 Sep-F	6 yrs and up	Sep 9	Thu	6:00 pm
Act#: 1736 Sep-G	6 yrs and up	Sep 16	Thu	4:00 pm
Act#: 1736 Sep-H	6 yrs and up	Sep 16	Thu	5:00 pm
Act#: 1736 Sep-I	6 yrs and up	Sep 16	Thu	6:00 pm
Act#: 1736 Sep-J	6 yrs and up	Sep 23	Thu	4:00 pm
Act#: 1736 Sep-K	6 yrs and up	Sep 23	Thu	5:00 pm
Act#: 1736 Sep-L	6 yrs and up	Sep 23	Thu	6:00 pm
Act#: 1736 Sep-M	6 yrs and up	Sep 30	Thu	4:00 pm
Act#: 1736 Sep-N	6 yrs and up	Sep 30	Thu	5:00 pm
Act#: 1736 Sep-O	6 yrs and up	Sep 30	Thu	6:00 pm

OCTOBER

Act#: 1736 Oct-A	6 yrs and up	Oct 7	Thu	4:00 pm
Act#: 1736 Oct-B	6 yrs and up	Oct 7	Thu	5:00 pm
Act#: 1736 Oct-C	6 yrs and up	Oct 7	Thu	6:00 pm
Act#: 1736 Oct-D	6 yrs and up	Oct 14	Thu	4:00 pm
Act#: 1736 Oct-E	6 yrs and up	Oct 14	Thu	5:00 pm
Act#: 1736 Oct-F	6 yrs and up	Oct 14	Thu	6:00 pm
Act#: 1736 Oct-G	6 yrs and up	Oct 21	Thu	4:00 pm
Act#: 1736 Oct-H	6 yrs and up	Oct 21	Thu	5:00 pm
Act#: 1736 Oct-I	6 yrs and up	Oct 21	Thu	6:00 pm
Act#: 1736 Oct-J	6 yrs and up	Oct 28	Thu	4:00 pm
Act#: 1736 Oct-K	6 yrs and up	Oct 28	Thu	5:00 pm
Act#: 1736 Oct-L	6 yrs and up	Oct 28	Thu	6:00 pm

NOVEMBER

Act#: 1736 Nov-A	6 yrs and up	Nov 4	Thu	4:00 pm
Act#: 1736 Nov-B	6 yrs and up	Nov 4	Thu	5:00 pm
Act#: 1736 Nov-C	6 yrs and up	Nov 4	Thu	6:00 pm
Act#: 1736 Nov-D	6 yrs and up	Nov 11	Thu	4:00 pm
Act#: 1736 Nov-E	6 yrs and up	Nov 11	Thu	5:00 pm
Act#: 1736 Nov-F	6 yrs and up	Nov 11	Thu	6:00 pm
Act#: 1736 Nov-G	6 yrs and up	Nov 18	Thu	4:00 pm
Act#: 1736 Nov-H	6 yrs and up	Nov 18	Thu	5:00 pm
Act#: 1736 Nov-I	6 yrs and up	Nov 18	Thu	6:00 pm

BMX Private Lessons



Only a few parks in the nation open their doors to the use of BMX riders. The Etnies Skatepark of Lake Forest is proud to be one of the few and extends the invitation to ride your BMX and improve your skills with BMX private lessons. If it's your first day on a bike, or maybe in the Park, these lessons help develop basic skills riding park terrain. Jumps, ramps, and flow are all aspects of these new lessons. Full protective gear consisting of a helmet, elbow pads, and knee pads is required.

Instructor: Skatepark Staff

Fee: \$40 – per forty five minute session. Sign up for a month of classes for \$160 and receive a discount of \$20. Choose the time that works best with your busy schedules.

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Mail-In, Walk-In. On-line registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

SEPTEMBER

Act#:1737 Sep-A	6 yrs and up	Sep 5	Sun	9:00 am
Act#:1737 Sep -B	6 yrs and up	Sep 5	Sun	10:00 am
Act#:1737 Sep-C	6 yrs and up	Sep 12	Sun	9:00 am
Act#:1737 Sep-D	6 yrs and up	Sep 12	Sun	10:00 am
Act#:1737 Sep-E	6 yrs and up	Sep 19	Sun	9:00 am
Act#:1737 Sep-F	6 yrs and up	Sep 19	Sun	10:00 am
Act#:1737 Sep-G	6 yrs and up	Sep 26	Sun	9:00 am
Act#:1737 Sep-H	6 yrs and up	Sep 26	Sun	10:00 am

OCTOBER

Act#:1737 Oct-A	6 yrs and up	Oct 3	Sun	9:00am
Act#:1737 Oct-B	6 yrs and up	Oct 3	Sun	10:00 am
Act#:1737 Oct-C	6 yrs and up	Oct 10	Sun	9:00 am
Act#:1737 Oct -D	6 yrs and up	Oct 10	Sun	10:00 am
Act#:1737 Oct-E	6 yrs and up	Oct 17	Sun	9:00 am
Act#:1737 Oct -F	6 yrs and up	Oct 17	Sun	10:00 am
Act#:1737 Oct -G	6 yrs and up	Oct 24	Sun	9:00 am
Act#:1737 Oct-H	6 yrs and up	Oct 24	Sun	10:00 am

* No classes will be held on Oct 31 and Nov 14 *

NOVEMBER

Act#:1737 Nov-A	6 yrs and up	Nov 7	Sun	9:00 am
Act#:1737 Nov-B	6 yrs and up	Nov 7	Sun	10:00 am
Act#:1737 Nov-C	6 yrs and up	Nov 21	Sun	9:00 am
Act#:1737 Nov-D	6 yrs and up	Nov 21	Sun	10:00 am
Act#:1737 Nov-E	6 yrs and up	Nov 28	Sun	9:00 am
Act#:1737 Nov-F	6 yrs and up	Nov 28	Sun	10:00 am

Be sure to pre-register for our classes and programs. For more info see page 31.

TEEN ACTIVITIES & EXCURSIONS



Students Working & Advising For Government (S.W.A.G.)

(formerly Advisory Committee for Teens)



Do you want to make a difference in your community? Do you wish there were more things to do in Lake Forest? Then get active in your community and make it happen by joining the Students Working & Advising For Government (S.W.A.G.).

Let your voice be heard! Help plan teen activities and excursions, be a part of the LFteens.com webpage design group, volunteer for City events, and be a part of your community. The committee meets twice a month.

Fee: Free!

Location: The Lounge at the Lake Forest Community Center
(25550 Commercentre Dr)

For More Info Call: 461-3446 or via e-mail at charris@lakeforestca.gov.

To Register: Please submit a S.W.A.G. application available at the Lake Forest Community Center or via the www.lfteens.com website.

Teens	Sep 8	Wed	6:00-7:00 pm
Teens	Sep 23	Thu	6:00-7:00 pm
Teens	Oct 6	Wed	6:00-7:00 pm
Teens	Oct 21	Thu	6:00-7:00 pm
Teens	Nov 3	Wed	6:00-7:00 pm
Teens	Nov 18	Thu	6:00-7:00 pm

2010/2011 SCHOOL YEAR

Join us for the most fun and exciting afterschool program around... The Teen Lounge! We have an X-Box 360, movies, games, a computer lab, homework help and so much more. What are you waiting for? Sign up today! A FREE shuttle service is available for both Serrano and Los Alisos Intermediate Schools. The Lounge follows the district's calendar, observes all school holidays and adjusts program times to accommodate minimum days. The program runs Monday through Thursday for the entire school year so the fun won't stop until it's summertime. **Pre-registration is required for this program.**

Fee: \$25 per year

Location: The Teen Lounge
at the Lake Forest
Community Center
(25550 Commercentre Dr)

For more info call: 461-3446 or
via e-mail at charris@lakeforestca.gov

To Register: Pick up a registration packet at the
Serrano or Los Alisos Middle School offices
or at the Lake Forest Community Center.

Act #:1588 Teens Sep 13-Jun 21 Mon-Thu 3:30-6:00 pm
(excluding school holidays)

THE Lounge



Halloween Haunt

Join us this year at "Knott's Scary Farm" for another year of the world's first, biggest and most famous theme park Halloween event! This is the original, in-your-face LIVE Halloween experience – a 160-acre living scary movie filled with 12 chilling mazes, 6 hair-raising shows, 4 horrific scare zones and 1,000 monsters roaming the park. Trip includes admission to park, dinner and transportation. Grab your friends and sign up for this fun frightening experience today!



Fee: \$40 per person

Location: Knott's Berry Farm, Buena Park

Departure Location: Lake Forest Community Center
(25550 Commercentre Dr)

Registration Deadline: Tuesday, October 5 at 5:30 pm

To Register: On-line, Mail-In, Walk-In

For More Info Call: 461-3446 or via e-mail at charris@lakeforestca.gov.

Act#: 1836 Teen Oct 8 Fri 5:00 pm-1:00 am

Furlough Days Teen Lounge Camp



Does your teen need a place to go during the school year furlough days? Sign them up for this exciting camp where teens will get to enjoy all the fun activities at the Teen Lounge, which include board games, an xbox 360 and a computer lab plus take fun trips to the park, movies and "Boomers" each week! Teens will also enjoy a pizza party at the end of every week! Our fee includes activities, trips, snacks and supplies.

Fee: \$100 – 4 day camp. \$80 – 3 day camp.

Location: Lake Forest Community Center
(25550 Commercentre Dr)

Registration Deadline:

Wednesday, September 1 at 5:30 pm for September camp

Wednesday, November 10 at 5:30 pm for November camp

To Register: On-line, Mail-In, Walk-In

For More Info Call: 461-3446 or via e-mail at charris@lakeforestca.gov.

Act#: 1838 Teens 12-14 Sep 7-10 Tues-Fri 8:00 am-6:00 pm

Act#: 1839 Teens 12-14 Nov 22-24 Mon-Wed 8:00 am-6:00 pm

Kiwanis College Prep Night



Are you a junior or senior getting ready for college? Are you wondering about the admission requirements for CSU or UC? How about community or private colleges? What about FAFSA and financial aid options? What are the steps and important dates? Do you need help or information to get started? Come to the College Information Night sponsored by the Kiwanis Club of Lake Forest and the City of Lake Forest for insight into the process. Get information from our panel of experts and feedback from college students; Get answers to your questions; Get Ready!

Fee: FREE

Location: Lake Forest Community Center
(25550 Commercentre Dr)

For More Info Call: 461-3446 or via e-mail at charris@lakeforestca.gov.

Oct 4 Mon 6:00-8:00 pm

COMMUNITY SERVICES

Vacation Home Checks

Lake Forest Police Services offers FREE vacation home checks to our residents all year long. While you are out of town, our volunteers will check the exterior of your residence to make sure your home stays safe while you're away. All you have to do is fill out a form and submit it to our office. You can find detailed information on our City website at www.lakeforestca.gov under Police Services or by calling 461-3530.

Become A Police Volunteer!

Lake Forest Police Services is actively recruiting volunteers for the Sheriff's Team of Active Retired Seniors (S.T.A.R.S.) program. The only requirement is to donate a minimum of 4 hours a week and participate in special City events. A variety of services performed by the S.T.A.R.S. include being on the lookout for graffiti, performing home checks for vacationers, checking on the elderly, and greeting visitors at the Police Services front counter. If you are interested in this program, please contact Deputy Nelson at 461-3545.

Police Services Offers Free Shredding

Lake Forest Police Services provides FREE shredding of confidential and important documents year round in an effort to prevent crime. Bring your documents to Police Services and discard them in the locked receptacles located at the Police Services counter. A representative from Police Services will be on the premises while the documents are being shredded.

Fee: Free

Location: Lake Forest City Hall (25550 Commercentre Dr)

For more info call: The City of Lake Forest Police Services at 461-3530

On-going Mon-Thu 8:00 am-6:00 pm

Free Mammograms

Did you know...Aside from non-melanoma skin cancer, breast cancer is the most common form of cancer in women and is the number one cause of cancer death in Hispanic women. It is the second most common cause of cancer death in white, black, Asian/Pacific Islander, and American Indian/Alaska Native women. The City of Lake Forest is partnering with YWCA North Orange County providing free mammograms, clinical breast exams, and breast self exam education for low income, uninsured women 40 years and older.

Fee: Free

Location: Lake Forest Community Center
(25550 Commercentre Dr)

For appointments and questions call: The YWCA North Orange County (714) 871-4488, Ext. 207

Adult Women Sep 24 Fri 8:00 am-1:00 pm

SENIOR PROGRAMS

SENIOR TRANSPORTATION, AN EASIER WAY TO GO!



The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday thru Thursday.

To make a reservation for transportation services, please contact Age Well Senior Services, Inc. at 855-9766. Reservations and cancellations must be made **at least 24 hours** in advance. Cost is fifty cents per trip. For more information please call 461-3450.

Senior Calendar

Don't miss out on the **Senior Scene Clubhouse Calendar**. The Calendar is a great way to view all of the activities offered each month. If you are a Lake Forest resident interested in receiving the quarterly calendar or no longer want the calendar, please call 461-3450 and leave your name, address and phone number (spell your last name and street address, slowly please).

Non-Emergency Medical Transportation

Age Well Senior Services, Inc. offers Lake Forest seniors (at least 60 years of age) non-emergency medical transportation to their medical facilities for \$2 one-way, within a designated service area. The program also serves Kaiser Anaheim (Lakeview), UCI Medical Center in Orange, St. Joseph's Hospital of Orange and the Long Beach Veterans Hospital. Rides are available Monday through Friday from 7:00 am to 6:00 pm. Participants must be ineligible for the OCTA Access service. Individuals who are currently utilizing OCTA ACCESS, and are in a frail medical condition, which creates a hardship, may be granted a waiver and be allowed to use the SNEMT Program.

Riders must register with Age Well Senior Services, Inc. before using the service. For detailed information, call 949-855-9766.



Senior Scene - A Clubhouse for Seniors

Come visit us at the Clubhouse... A place where you meet new friends and create lasting memories!

You'll be able to enjoy a variety of activities including card playing, tile board games, monthly game tournaments, seminars, exercise classes, craft classes and movies. This is a great place to meet new friends! No need to make a reservation for this great drop-in program.

Fee: Free!

Location: Lake Forest Community Center
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450 or contact Brenda Silvey via e-mail at bsilvey@lakeforestca.gov.

B-I-N-G-O & FREE Hot Lunch provided by the City of Lake Forest every Thursday!

Seniors On-going Mon-Thu 10:00 am-2:00 pm

Please Note: The Senior Scene Clubhouse will be closed on the following dates: Monday-September 6, and on the following Thursdays-November 11 & 25.



THURSDAYS

10:30 am: Bingo

12:00 pm: Hot Lunch Served

Three easy ways to register:
on-line, mail-in or walk-in!
Turn to pages 31-32 for more info.

Drop-In Computer Lab Hours

Feel free to stop by the Training Room to check your e-mail, practice surfing the net and practice your computer skills to improve your proficiency. Please note: throughout the year, the Training Room is used for in-house staff training, so availability may be limited at certain times.

Fee: Free!

Location: Lake Forest Community Center, Computer Lab
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450

Seniors	On-going	Mon	10:00 am-2:00 pm
Seniors	On-going	Wed	10:00 am-2:00 pm
Seniors	On-going	Thu	10:00 am-2:00 pm



Crafty Crafters

The Senior Scene Clubhouse offers *Crafty Crafters* once a month on Tuesdays. Past crafts have included tote bags, gift/holiday cards, decorative soaps, birdhouses, floral pots and much, much more. Come and find out what you'll be creating next! The only thing you need to bring is your imagination! **Please call 461-3408 and reserve your space for this very popular program. Look in the Senior Scene Clubhouse Calendar for dates and times!**

Fee: Free!

Location: Lake Forest Community Center, Activities Room
(25550 Commercentre Dr)

Three easy ways to register:
on-line, mail-in or walk-in!
Turn to pages 31-32 for more info.

Young At Heart ~ Lake Forest Seniors Reading Circle



The Young At Heart~Lake Forest Seniors Reading Circle meets once a month and discusses fiction and non-fiction books they've read...it's a time to share your point-of-view as well as listen to others' interpretations. The City provides snacks for you to enjoy during the book discussion. No need to sign up! Afterwards, drop by the Senior Clubhouse and enjoy a free hot lunch and Bingo.

Book Discussion Location: Lake Forest Community Center,
El Toro Room
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450

Future books to be discussed and dates:

Sep 16	Thu	<i>Crashing Through</i> Robert Kurson
Oct 14	Thu	<i>The Second Opinion</i> Michael Palmer
Nov 18	Thu	<i>Wesley the Owl: A Remarkable Love Story Of An Owl and His Girl</i> Stacey O'Brien

Cell Phones For Life

The Senior Scene Clubhouse has FREE emergency cell phones for elderly and disabled individuals. Cell Phones For Life is a non-profit organization whose mission along with the City of Lake Forest is to help individuals experience peace of mind knowing that assistance is only a phone call away. **The cell phones can only be used to call 911.**

You can pick up a cell phone and a battery Monday thru Thursday from 10:00 am-2:00 pm at Lake Forest City Hall (25550 Commercentre Dr., Second Floor). If you have any questions, please call 461-3408 and leave your name and phone number and a staff member will return your call.

Medicare's Annual Open Enrollment November 15 to December 31

Each year plans change what they cost and what they cover. The next general open enrollment starts on November 15, 2010. During this time, people with Medicare can add, drop or change their prescription drug coverage. You can also select a health plan for your 2011 coverage. For additional information, visit the official Medicare website at www.medicare.gov or call 1-800-633-4227 or call 461-3408 and make an appointment with a HICAP counselor.

Senior Golf Days at Lake Forest Golf and Practice Center



If you like being outdoors and meeting new friends, Senior Golf Days is a program just for you! This program is put on by Outdoor Explorations. It includes six outings of nine holes of golf, warm-up balls, snacks and a weekly putting contest.

Fee: Lake Forest Senior residents – \$53
Non-residents – \$78

Location: Lake Forest Golf and Practice Center
(23308 Cherry Ave)

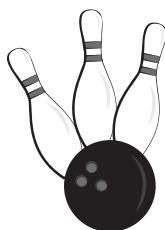
To more info or to register call: Angela Kelly at 588-0917

Session 44: Registration for Session 44 on Thu, Sep 9 only
Seniors Sep 9-Oct 14 Tue or Thu only 7:45-8:15 am tee times

Session 45: Registration for Session 45 on Thu, Oct 28 only
Seniors Oct 28-Dec 9 Tue or Thu only 7:45-8:15 am tee times

Senior Bowling League at Forest Lanes

Bring your friends and form your own team, or sign up individually. It's Jackpot Friday for all Senior Bowlers! Join and participate in this fun-filled afternoon and win the Jackpot! All skill levels are welcome. Fee includes games and Jackpot...if you win!



Fee: \$8.50 per resident senior (plus \$3.00 shoe rental)
\$10.50 per non-resident senior (plus \$3.00 shoe rental)

Location: Forest Lanes (22771 Centre Dr)

To Register call: Forest Lanes at 770-0055

Seniors On-Going Fri 1:00-3:30 pm

AARP Driver Safety Course

Would you like to be more confident behind the wheel? Would you like to feel secure in your knowledge of the ever changing rules, regulations and signs of the road? Then we have a class for you! This instructional class for the mature driver (50+) is sponsored by AARP. You will learn better driving techniques and ways to spot and correct bad driving habits. You will save on auto insurance and help to maintain mobility and independence after completing this great course. **In order to receive the certificate, you must attend both classes. Space is limited so pre-registration and pre-payment are required.**

Fee: \$12.00 (AARP members; \$14.00 non members) –
2 class session (*check made payable to AARP*)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Mail-In, Walk-In. No On-line Registration available for this program.

For more info call: The City of Lake Forest at 461-3450

Act#:1772 Sep 24 & 25 Fri/Sat 8:30 am-12:30 pm

HICAP

Health Insurance Counseling and Advocacy Program

Nobody likes dealing with health insurance. When we're ill, the last thing we want to worry about is what's covered. Health costs can be staggering, and just about everyone worries about what the future will hold as our health declines.

What is Medicare? What does it cover? Am I eligible? How do I sign-up? Who could possibly help me figure all this out without trying to sell me something I don't need?

HICAP CAN HELP YOU! HICAP is a volunteer-supported program that provides free counseling and educational services for older adults and their families. You can arrange for an individual counseling appointment with a HICAP counselor to get the most current information available to help you find your way through the maze of health insurance regulations and coverage. If you want to know what benefits and services you're entitled to and how the health care system works, call and make an appointment.

Through working with a HICAP counselor, you will get *unbiased* information to help you make the best choices for your individual health care needs as HICAP counselors cannot sell, endorse, or recommend any specific insurance.

HICAP can help you understand:

1. Your rights as a health care consumer
2. Medicare benefits, including how to appeal Medicare and HMO denials
3. Medicare and health insurance jargon
4. Private Medicare supplemental health insurance policy benefits and exclusions
5. HMOs and how they work including emergency assistance with denials

Long-term care insurance

Appointments are available from 10:00 am-2:00 pm on the second Tuesday of the month (September 14, October 12, and November 9).

**TO MAKE AN APPOINTMENT, PLEASE
CALL 461-3408 AND LEAVE YOUR
NAME AND PHONE NUMBER.**

Need to Know Numbers!



Periodically, we receive requests for phone numbers and felt that these numbers would be useful. Cut them out and keep them handy for future use!

AARP.....888-687-2277
 ACCESS (Reservations/Information). .877-628-2232
 ACCESS (Eligibility)714-560-5956
 Age Well Senior Services, Inc. 855-8033
 (formerly South County Senior Services)
 Caregiving Resource Directory888-721-9797
 City of Lake Forest City Hall 461-3400
 Council on Aging714-479-0107
 Disabled Housing Information.714-567-7500
 Elder/Disabled Adult Abuse.....800-451-5155
 HiCap Services800-434-0222
 Human Services Information.....2-1-1
 Irvine Valley College/Emeritus 451-5382
 Meals on Wheels..... 855-8033
 Medicare Fraud Hotline.....800-447-8477
 OCTA (Transportation).....714-636-7433
 Office on Aging.....800-510-2020
 Orange Caregiver Resource Center. .800-543-8312



Sixth Annual Senior Resource Fair

You don't want to miss the Sixth Annual Senior Resource Fair! This is a fantastic opportunity for seniors, caregivers and adults with parents living at home to get information on many of the health and wellness resources that are available. There will be many exhibits at which you will be able to get information on a wide array of products and services provided by the City, county, and other partnering agencies. Some of these benefits are free and/or low cost. A host of other vendors can provide helpful tips and information on their programs and how they can benefit you. Vendors will pass out free samples and all will be entered to win door prizes. Several free screenings and blood pressure checks will be available as well! Can't wait to see you there!

If vaccines are available, free flu vaccinations will be given by a registered nurse.

Admission: FREE

Location: Lake Forest Community Center
 (25550 Commercentre Dr)

For More Info Call: The City of Lake Forest at 461-3450

Seniors Nov 10 Wed 10:00 am-12:30 pm



SAVE THE DATE...

The Senior Scene Clubhouse
 Thanksgiving Feast is scheduled
 for Thursday, November 18!!!

Look for more info and sign-up
 details in the Senior Scene quarterly
 newsletter covering the months
 of October, November, and
 December.



"Shiver Me Timbers" Dinner Dance

Yo, ho, yo, ho the pirates life for me! Arrrrrrrrrr...if you don't dress as a pirate, we may have you walk the plank or swab the poop deck. All you need is a patch, scarf and a parrot for your shoulder. Blimey...how easy can that be? **Those who come dressed in pirate apparel (sea dogs, beauties, maidens, swashbucklers, or buccaneers) will receive five extra opportunity tickets for booty hidden in the treasure chest!** We'll be servin' some scrumptious grub from the galley... Fair winds to you all (pirate lingo translation...good bye and good luck)! Space is limited, so make your reservations early!

Fee: \$7.00 per person



Location: Lake Forest Senior Scene
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In.

For More Info Call: The City of Lake Forest at 461-3450

Act#: 1773 Seniors Oct 22 Fri 4:00-7:00 pm

Senior Box Lunch Program

The Senior Box Lunch Program is offered on Mondays, Tuesdays and Wednesdays at 11:30 am. Lunch includes a sandwich, fruit or veggie salad, 2 drinks and a dessert. Age Well Senior Services, Inc. provides these healthy lunch boxes...so be sure and tell your neighbors and friends! Registration is required for the program and reservations are also recommended. Reservations should be made by 1:00 pm on Thursdays for the following week. **If you would like to take your box lunch home, please bring an insulated cooler.**



Fee: A \$4.00 suggested donation is requested per participant

Location: Lake Forest Community Center
(25550 Commercentre Dr)

For more info or to register call:
The City of Lake Forest at 461-3445

Seniors On-going Mon-Wed 11:30 am

EXCURSIONS

The City of Lake Forest offers great excursions for Adults, Seniors and Families! Senior excursions are open to individuals ages 50 and over, while excursions for Adults are for individuals 18 and over. Family Excursions are open to all ages. Pre-registration is required for all excursions and all trips include transportation on a luxury bus, snacks, and admission. A meal may be included if specified in the description. Upon confirmation of your registration, departure details will be mailed to you. **Tickets that are purchased for City of Lake Forest Excursions are non-transferable.**

Dodgers vs. Colorado Rockies at Dodger Stadium



Come join us in a fun-filled family event at Dodger Stadium as the pennant race winds down into an exciting end of the baseball season! Watch our Los Angeles Dodgers take on their west coast rivals, the Colorado Rockies. Bring your family to come see Major League Baseball's most talented athletes at the World Famous Dodger Stadium. Enjoy an afternoon in the legendary all-you-can-eat pavilion, including Dodger Dogs, chips, nachos, popcorn and sodas!

Fee: \$38 per person includes ticket, transportation, a bottled water, and all-you-can-eat at the game

Departure location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-in, Walk-in

For more info call: The City of Lake Forest at 461-3450

Act #: 1840 Sep 19 Sun TBD

Nethercutt Museum Tour & Odyssey Restaurant – Sylmar

Your first stop...The Odyssey Restaurant- where you will feast on a seafood luncheon buffet (blackened catfish, baked salmon with Volute sauce and dill bread fried shrimp and clams with cocktail sauce, Seafood Newburg, fresh fruits, baked breads and a 30-foot salad bar). Second stop...Nethercutt Museum. A special guided tour of the J.B. Nethercutt Museum (founder of Merle Norman Cosmetics) highlighting a collection of 30 priceless antique, classic and sports cars on display and a room of Rolls-Royces from 1913 to present. You'll view one of the world's largest and finest assemblages of mechanical musical instruments – music boxes, big and small, a Wurlitzer Pipe organ, antique furnishings, crystal and more than 1,000 hood ornaments to see.

Fee: \$52.00 per person

Departure Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1841 Adults/Seniors Sep 10 Fri 9:45 am-6:00 pm

Winemaker for a Day & Soup Plantation – Rancho Cucamonga New

The Thomas Winery, built in 1839, offers guests a glimpse into the past. You'll be taken on a guided tour, followed by wine tasting with five wines that are all made at the winery. And as a special treat, you will visit the production room to bottle, cork and custom label your own bottle of wine to take home. After lunch, you will travel to Rancho de Cucamonga – the original residence built by John Rains and his wife in 1860. The excursion includes an "all you can eat" buffet lunch at the Soup Plantation.

Fee: \$64.00 per person

Departure Location: Lake Forest Community Center (25550 Commercentre Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#:1842 Adults/Seniors Oct 13 Wed 10:00 am-5:00 pm

Christmas Around the World at Ronald Reagan Presidential Library and Museum & Marine One Buffet – Simi Valley

The Ronald Reagan Presidential Library and Museum is bringing back its annual holiday exhibit, featuring beautifully decorated trees representing the countries which President Reagan visited while in office. You will enjoy a tour of the magnificent "Inside the White House" exhibit, a full scale replica of President Reagan's Oval Office, Air Force One Pavilion, Cold War Gallery, the Library grounds featuring a section of the Berlin Wall, and the White House Rose Garden. After the tour, enjoy a buffet-style luncheon of grilled Teriyaki chicken, mashed potatoes, steamed vegetables, chocolate chip cookies and beverage.



Fee: \$55.00 per person

Departure Location: Lake Forest Community Center (25550 Commercentre Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#:1843 Adults/Seniors Nov 30 Tue 8:00 am-4:30 pm

Could we have your email address? In order to keep you in the loop with exciting news and various class and program updates from Community Services, it's important that we have your current email address. Just give us a call during normal business hours and we'll update your family account with the info. If you don't already have a family account set up with us, we can help you with that, too!

SENIOR EMERITUS CLASSES through Irvine Valley College

EMERITUS CLASSES are offered for active seniors. The City of Lake Forest partners with Irvine Valley College's Emeritus Program to offer courses especially designed to meet the educational and recreational interests of seniors. Pre-registration is recommended for all classes.

REGISTRATION FOR SENIOR EMERITUS CLASSES ONLY

To register for the Emeritus Classes the following options are available.

On-Line Registration log onto www.123getsmart.com.

- Click on the button "Register for Emeritus Classes"
- Click on the link in the left column "Emeritus"
- Select class category (i.e., Fitness) in the blue column on the left. (Class sections are on the right in alphabetical order... click on the class you want.)
- Click on the Class Course Number for the section you want
- Click the "Add" button
- Click on "Create New Account" (your previous IVC Student Number and Pin Number do not work on this system)
- Fill in all your personal contact information.
- Choose the button to continue Shopping for more classes" or "Go to checkout"
- Complete your credit card information and click on "Complete Transaction"
- IVC will send you a copy of your receipt with your log-in ID and Pin Number for future classes

Phone Registration

- Call 949-451-5555 Monday thru Friday 9:00 am-5:00 pm

Mail form (you can get this online) and payments to:

- IVC Emeritus Institute, 5500 Irvine Center Dr., Irvine, CA 92618

Fax form to IVC: 949-451-5270

PLEASE NOTE:

You may only register for Senior Emeritus Classes at IVC's website or by calling 451-5555. The registration date for City programs and excursions does not apply to the Emeritus classes.

Computers

Intro to Internet & E-mail

Topics include commonly used terms; hardware and software needed for connection to the Internet; programs (called "search engines") available to help you find what you are looking for; various search techniques; commonly used website components such as links and navigation tools; copying information from the Internet for personal use; printing from the Internet; bookmarking your favorite websites; shopping on-line; security (including your personal information as well as your credit card data); and using an electronic mail program (set-up an e-mail account) sending and retrieving e-mail messages, and sending attachments (letters and photos).

Fee: \$26

Instructor: Barbara Grane

Location: Lake Forest Community Center – Training Room
(25550 Commercentre Dr)

To Register: Call IVC at 451-5382

Tic# 65925L Seniors Aug 26-Oct 14 Thu 9:30-11:00 am

Digital Photo Imaging

Learn to use software to fix common flaws in photographs. We will spend time learning how to import and organize our digital photo collection, crop out unwanted area of our pictures, fix flash red-eye, straighten crooked pictures, and after the color or lighting of selected objects, remove dust and scratches, and remove or duplicate objects within a picture. Methods and ideas for sharing and archiving photos (digitally and in print) and common problems will be discussed. This class requires strong mousing skills and good knowledge of maneuvering in Windows (using the task bar to switch applications, retrieving or saving a document to a designated place, etc.). **Owning a digital camera is not required. Students will need to provide their own method of data storage (USB drive or blank CDs).**

Fee: \$26

Location: Lake Forest Community Center –
Training Room (25550 Commercentre Dr)

To Register: Call IVC at 451-5382

Tic#: 65910L Seniors Aug 24-Oct 12 Tue 9:00-10:30 am



Basics of Excel

This hands-on class using Microsoft Excel 2003 is for experienced computer users. Use this software to learn how to enter data in rows and columns, format both text and numerical data, create simple formulas to add, subtract, multiply and divide, move and copy data and formulas, use Functions (pre-designed, built-in formulas), create 3-dimensional formulas involving several worksheets. Projects might include creating a simple budget, a spending diary, an address book, on-line banking and more.

Recommended prerequisite: Intro to PC's equivalent

Fee: \$26

Instructor: Barbara Grane

Location: Lake Forest Community Center – Training Room
(25550 Commercentre Dr)

To Register: Call IVC at 451-5382

Tic# 65910A Seniors Aug 24-Oct 12 Tue 12:00-1:30 pm

Intro to Word

This hands-on class is designed for those with basic PC knowledge who want to know more about Microsoft Word. Topics covered will include entering text, word wrap, cursor movement, editing and inserting text, saving, closing and opening files, displaying formatting marks, changing fonts, sizes and colors, applying text effects such as underline, bold, italics and highlighting, controlling paragraph alignment and line spacing, undoing editing changes, copying and moving text using the mouse and the keyboard, creating a simple table, sorting data in a table, using tabs and indents, creating numbered and bulleted lists.

Fee: \$26

Instructor: Barbara Grane

Location: Lake Forest Community Center – Training Room
(25550 Commercentre Dr)

To Register: Call IVC at 451-5382

Tic#: 65905L Seniors Aug 24-Oct 12 Tue 10:30 am-12:00 pm

Fitness

It's Never Too Late Fitness

The class consists of the three components necessary to maintain optimum health and fitness. Low impact weight bearing aerobics, strength training, stretching and flexibility movements suited to the needs of the individual.

Fee: \$20.00

Location: Lake Forest II Sun & Sail Club (24752 Toledo Way)

To register by phone: Call IVC at 451-5555

Tic#: 2558 Seniors Sep 16-Dec 9 Thu 10:00-11:30 am

Dyna Bands Workout and Arthritis Exercise

Increase your strength and mobility using Dyna-Bands. Dyna-Bands or resistance bands, (which are long latex strips) are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low-impact aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing to relax all body parts. This class includes the Arthritis exercise program.

Fee: \$20.00

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555

Tic#: 2549 Seniors Sep 14-Nov 30 Tue 12:30-2:00 pm

Pilates

A non-impact exercise program for dancers and non-dancers, based on the principles of Joseph Pilates. Strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination and develops an increased sense of body awareness. Includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class.

Fee: \$20.00

Location: Lake Forest II Sun & Sail Club (24752 Toledo Way)

To register by phone: Call IVC at 451-5555

Tic#: 2577 Seniors Sep 14-Nov 30 Tue 10:00-11:30 am

Aquatic Fitness Training

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water. Emphasis is on training to improve balance and cardiovascular fitness.

Fee: \$20.00

Location: Lake Forest I Beach & Tennis Club
(22921 Ridge Route)

To register by phone: Call IVC at 451-5555

Tic#: 2524 Seniors Sep 14-Nov 30 Tue 2:00-3:30 pm

Aquatic Fitness Training

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water. Emphasis is on training to improve balance and cardiovascular fitness.

Fee: \$20.00

Location: Lake Forest I Beach & Tennis Club
(22921 Ridge Route)

To register by phone: Call IVC at 451-5555

Tic#: 2608 Seniors Sep 16-Dec 9 Thu 2:00-3:30 pm

Physical Fitness: Yoga w/Fleur

Instruction and practice will include passive exercise especially adapted to senior citizens; stretching, relaxing, breathing and working together in rhythm as directed by the instructor. Repetition of this course will permit students to build skills and increase their fitness level.

Fee: \$36.00

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555

Tic#: 2614 Seniors Sep 15-Dec 1 Wed 1:00-2:30 pm

Tai Chi Ch'uan

Tai Chi Ch'uan is an ancient Chinese exercise that provides both mental and physical health benefits. Improve balance, lower high blood pressure, and increase vitality with Tai Chi. Learn Tai Chi movements, self-massage acupressure, and the philosophy of Tai Chi Ch'uan.

Fee: \$25.00

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555

Tic#: 2612 Seniors Sep 15-Dec 1 Wed 9:00-10:30 am

Enrichment

Creative Needlepoint/Needle Arts

Develop your skills in needlepoint, knitting and crochet at all levels. Focus on your ability to master the terminology, stitches, and techniques of each needle craft at the student's level. Beginners are welcome!

Fee: \$25.00

Location: Santiago de Compostela Church Community Center
(21682 Lake Forest Dr)

To register by phone: Call IVC at 451-5555

Tic#: 2546 Seniors Aug 26-Dec 16 Thu 9:00-11:00 am

Advanced Creative Writing

An advanced level creative writing class for older adults. Writing from Life & Personal History is featured. This course is not graded.

Fee: \$26.00

Location: El Toro Library (24672 Raymond Way)

To register by phone: Call IVC at 451-5555

Tic#: 65195 Seniors Aug 23-Dec 13 Mon 1:00-3:50 pm

PLEASE NOTE: You may only register for Senior Emeritus Classes at IVC's website or by calling 451-5555. The registration date for City programs and excursions does not apply to the Emeritus classes.

RECREATION CLASSES

Preschool Programs

"My Favorite Storybook" Preschool Class



Attention young princes and princesses... your presence has been requested at this royal preschool class! Come join your favorite princess every class for storytime, songs, games, and a craft. And there will always be a delicious snack for all your majesties! The Little Mermaid, Sleeping Beauty, and Snow White are awaiting your arrival! Parent participation is recommended for this program.



Fee: \$30 per person – Resident
\$35 per person – Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1777 2-5 yrs Sep 17-Oct 8 Fri 10:00-11:00 am

A Great Pumpkin Costume Party



All little ghosts, goblins, witches, and pumpkins are invited to this costume preschool party. There will be spook-tastic songs, games, crafts, and a story. And don't forget the boo-licious treat. Come to this costume party ready to dance! Parent participation is recommended for this program.

Fee: \$10 per person – Resident
\$15 per person – Non-Resident
(1-time workshop)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1778 2-5 yrs Oct 29 Fri 10:00-11:00 am

Give Thanks for Thanksgiving Preschool Party!



Boys and girls--- it's time to give thanks! This "Thanksgiving" themed preschool class will have turkeys and pilgrims and Native Americans! We'll come together to sing songs, play games, make a craft, and have storytime. And don't forget the feast-worthy snack! Parent participation is recommended for this program.

Fee: \$10 per person – Resident
\$15 per person – Non-Resident
(1-time workshop)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1779 2-5 yrs Nov 12 Fri 10:00-11:00 am

We're Going Camping Preschool Party



Come gather around an imaginary fire to listen to a story, sing songs, play games, and make a craft at this preschool party. Each preschooler will get to make their very own tasty smore! And if you get tired from all the great fun, just take a quick nap in our cozy tent before mom or dad says the party has come to an end. Parent participation is recommended for this program.

Fee: \$10 per person – Resident
\$15 per person – Non-Resident
(1-time workshop)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1846 2-5 yrs Nov 19 Fri 10:00-11:00 am

New Non-Resident Fee

Please note that the non-resident fee of \$5 is now in effect for certain City of Lake Forest recreation classes. Where applicable within our Fall Leisure Times, this fee is calculated into the cost of the class. If you are a non-resident, please review your program registration carefully and be sure to submit the correct fee for enrollment.

Here is an example of what you will see regarding the new fee structure:

Fee: \$59 – Resident
\$64 – Non-Resident

3 easy ways to register: on-line, mail-in or walk-in!



Turn to pages 31-32 for more info.

Lake Forest Residents: Tuesday, August 17

Non-Residents: Tuesday, August 24

Youth

Parent & Me Princess Ballet and Play

Does your little one dream of being a Princess? If so, this class is for her! Princess Ballet is the perfect introduction to the fundamentals of ballet and creative movement with an element of fun, fantasy, imagination and lots of encouragement. With a little help from parent/caretaker children are taught basic ballet, engage in creative movement activities, practice listening skills, use props, dress in princess attire, make Princess crafts, have Princess story time, and dance to classic fairytale music! Each session features a different princess and the instructor will provide princess attire and props. Parent participation is required. **Free trial classes will be held on 9/13 at 10:00 am. To register for trial class please call 714-389-1933 as space is limited.**

Instructor: Kim Esmond, OC Dance Productions

Fee: \$60 per Parent and Child couple – Resident
\$65 per Parent and Child couple – Non-Resident
(5-week session)

Material Fee: An additional material fee of \$10
due to instructor at first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1744 1½ -3 yrs Sep 20-Oct 18 Mon 10:00-10:45 am
Act#: 1740 1½ -3 yrs Nov 1-Dec 6* Mon 10:00-10:45 am
***No class 11/22**

Princess Ballet Series

This activity packed class is filled with ballet and creative movement with all the imagery that comes with being a fairy tale princess. This creative beginner ballet class consists of basic dance skills, creative dance and play, crafts and performance. Dancers will also practice listening skills and improve coordination. Participants will dress up in the featured princess skirts with props and music to complete the Princess. Princesses will perform their new routines for family and friends on the last day of class. Each session consists of different featured princesses and crafts. Some parent participation is required for 3-5 year olds. For more information on Orange County Dance Productions classes please visit OCDanceProductions.com. Participants should wear leotards, tights and ballet shoes. Some parent participation is required for 3-5 year olds. **Free trial classes will be held on Monday, 9/13 at 11:00 am for ages 3-5. To register for trial class please call 714-389-1933 as space is limited.**

Instructor: Kim Esmond, OC Dance Productions

Fee: \$60 per Parent and Child couple – Resident
\$65 per Parent and Child couple – Non-Resident
(5-week session)

Material Fee: An additional material fee of \$10
due to instructor at first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1738 3-5 yrs Sep 20-Oct 18 Mon 11:00-11:45 am
Act#: 1739 3-5 yrs Nov 1-Dec 6* Mon 11:00-11:45 am
***No class 11/22**

TriFytt Sports: Parent and Me Soccer

This class is a great chance for parents to interact with their young ones while learning the basics of soccer with our TriFytt Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and will allow them to experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFytt Sports Staff

Fee: \$75 per Parent and Child couple – Resident
\$80 per parent and Child couple – Non-Resident
(8-week session)

Location: Pittsford Park (21701 Pittsford Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1750 2-3 yrs Sep 24-Nov 12 Fri 10:00-10:30 am
Act#: 1751 3-5 yrs Sep 24-Nov 12 Fri 10:30-11:00 am



TriFytt Sports: Parent and Me Multi-Sport

This class is a great chance for parents to interact with their young ones while learning the basics of soccer, tee-ball and basketball with our TriFytt Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and will allow them to experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFytt Sports Staff

Fee: \$75 per Parent and Child couple – Resident
\$80 per parent and Child couple – Non-Resident
(8-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1752 2-3 yrs Sep 25-Nov 13 Sat 9:00-9:45 am



TriFytt Sports Soccer Skillz Clinic

This is a great chance for beginning and advanced soccer players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$75 per Parent and Child couple – Resident
\$80 per parent and Child couple – Non-Resident
(8-week session)

Location: Pittsford Park (21701 Pittsford Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1748 3-5 yrs Sep 24-Nov 12 Fri 4:00-4:45 pm
Act#: 1749 5-7 yrs Sep 24-Nov 12 Fri 5:00-5:45 pm



TriFytt Sports Tee-Ball Skillz Clinic

This is a great chance for beginning and advanced tee-ball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$75 per participant – Resident
\$80 per participant – Non-Resident
(8-week session)

Location: Pittsford Park (21701 Pittsford Dr)



To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1746	3-5 yrs	Sep 21-Nov 9	Tue	4:00-4:45 pm
Act#: 1747	5-7 yrs	Sep 21-Nov 9	Tue	5:00-5:45 pm

TriFytt Sports Multi-Sport Skillz Clinic

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$75 per participant – Resident
\$80 per participant – Non-Resident
(8-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)



To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1753	3-5 yrs	Sep 25-Nov 13	Sat	10:00-10:45 am
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My Little Zoo

This class is full of fun and imagination! Join us as we create all kinds of animals using paint, clay, paper, fabric and more. We will read a short story and then create pieces of art such as bunnies surrounded by colorful gardens, a clay cave with a bear to tame and so much more! All art supplies and aprons are provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$65 – Resident
\$70 – Non-Resident
(6-week session)

Materials Fee: An additional material fee of \$15
due to instructor on first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1754	3-5 yrs	Nov 8-Dec 13	Mon	9:30-10:15 am
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Parent & Tot Art Time



Come explore a variety of art materials and fire up your little one's imagination in this interactive art class. Hands-on projects will include painting, drawing, printmaking, clay sculpture and much more! Parents will surely enjoy spending creative time with their little artists in this fun and unique course. All materials and aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$65 – Resident
\$70 – Non-Resident
(6-week session for parent and child)

Materials Fee: An additional material fee of \$15
due to instructor on first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1755	3-5 yrs	Nov 8-Dec 13	Mon	11:00-11:45 am
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Parent & Me Ceramics

Roll, pinch and pound! Come and enjoy some creative time with your little one. Your young artist will enjoy a tactile experience with clay as we hand build playful projects step-by-step. A new project will be completed each week. All pieces will be glazed and fired and aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$69 – Resident
\$74 – Non-Resident
(6-week session for parent and child)

Materials Fee: An additional material fee of \$15
due to instructor on first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1756	3-5 yrs	Sep 13-Oct 18	Mon	2:15-3:00 pm
Act#: 1757	3-5 yrs	Nov 10-Dec 15	Wed	2:15-3:00 pm

Discover Ceramics

Have a blast learning how to turn clay into wonderful creatures and other fun creations. We will hand build each piece and learn techniques such as coiling, scoring and slab, and decorate them all with under-glazes. Different projects will be completed each week. All pieces will be glazed and fired and aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$69 – Resident
\$74 – Non-Resident
(6-week session)

Materials Fee: An additional material fee of \$20
due to instructor on first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1758	6-12 yrs	Sep 13-Oct 18	Mon	3:30-4:45 pm
Act#: 1759	6-12 yrs	Nov 10-Dec 15	Wed	3:30-4:45 pm

Parent & Me Yoga

These yoga classes are designed so that parents can share in exercise fun with their child! Each pose will be presented in a fun and entertaining way through games, songs and play. Poses for the children are all age appropriate and designed for growing and developing bodies. Bubbles, toys and props are all provided and incorporated into the curriculum. Classes range from infant to elementary in age so we're sure to have the perfect class for you and your child.

Instructor: Flipside Yoga – Megan Buster

Fee: Sessions 1 & 2

\$84 for parent and child – Resident

\$89 for parent and child – Non-Resident
(7 weeks)

Location: Flipside Yoga Studio (22672 Lambert St., Suite 604)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Session 1:

Act#: 1760	Infant	3-12 mos	Sep 13-Oct 25	Mon	11:00-11:45 am
Act#: 1761	Infant	12-24 mos	Sep 15-Oct 27	Wed	11:00-11:45 am
Act#: 1768	Infant	3-24 mos	Sep 18-Oct 30	Sat	1:00-1:45 pm
Act#: 1762	Toddler	2-3 yrs	Sep 15-Oct 27	Wed	10:00-10:45 am
Act#: 1763	Pee-Wee	4-7 yrs	Sep 14-Oct 26	Tue	10:00-10:45 am

Session 2:

Act#: 1764	Infant	3-12 mos	Nov 1-Dec 13	Mon	11:00-11:45 am
Act#: 1765	Infant	12-24 mos	Nov 3-Dec 15	Wed	11:00-11:45 am
Act#: 1769	Infant	3-24 mos	Nov 6-Dec 18	Sat	1:00-1:45 pm
Act#: 1766	Toddler	2-3 yrs	Nov 3-Dec 15	Wed	10:00-10:45 am
Act#: 1767	Pee-Wee	4-7 yrs	Nov 2-Dec 14	Tue	10:00-10:45 am

Youth Yoga Classes



These independent yoga sessions are specifically designed for children, teens and adults. All classes present poses that are designed for each age group's growing, flexible bodies. Practices are accompanied by popular music and poses that students can do both at home and in the studio. Focus and breathing exercises are also provided to help calm their systems, center themselves and manage stress. These classes are all great for both beginning and intermediate yoga students.

Instructor: Flipside Yoga – Megan Buster

Fee: Sessions 1 & 2

\$84 per participant – Resident

\$89 per participant – Non-Resident
(7 weeks)

Location: Flipside Yoga Studio (22672 Lambert St., Suite 604)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Session 1:

Act#: 1780	Pee-Wee	4-7 yrs	Sep 15-Oct 27	Wed	6:00-6:45 pm
Act#: 1786	Pee-Wee	4-7 yrs	Sep 18-Oct 30	Sat	11:00-11:45 am
Act#: 1781	Tweens	8-12 yrs	Sep 14-Oct 26	Tue	5:00-5:45 pm
Act#: 1782	Teens	13-16 yrs	Sep 15-Oct 27	Wed	5:00-5:45 pm

Session 2:

Act#: 1783	Pee-Wee	4-7 yrs	Nov 3-Dec 15	Wed	6:00-6:45 pm
Act#: 1787	Pee-Wee	4-7 yrs	Nov 6-Dec 18	Sat	11:00-11:45 am
Act#: 1784	Tweens	8-12 yrs	Nov 2-Dec 14	Tue	5:00-5:45 pm
Act#: 1785	Teens	13-16 yrs	Nov 3-Dec 15	Wed	5:00-5:45 pm

Music Together

Here is your chance to experience a nationwide, research based "Music Together" program for children from birth to 5 years old and the adults who love them! Children will have many opportunities to create and play. Each class is packed with new songs, rhymes, movement activities and instrumental sessions. This is an introduction to a lifetime of musical enjoyment! But best of all it is fun. **Free demo class on Monday, September 13 at 4:15pm and Tuesday, September 14 at 10:00 am, please RSVP 350-0985.**



Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.

Fee: \$135 – Resident

\$140 – Non-Resident

(10-week session.) Babies under the age of 8 months free with registered sibling.

Materials Fee: A required \$40 fee which includes: 2 CD's, parent guide and songbook, is due to instructor during first class meeting.

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1788	Sep 20-Nov 22	Mon	4:15-5:00 pm
Act#: 1789	Sep 21-Nov 23	Tue	9:15-10:00 am
Act#: 1790	Sep 21-Nov 23	Tue	10:15-11:00 am

Theater Games

Young thespians can enhance thinking skills, creativity, self-confidence, poise and expression while learning acting techniques for stage and television. Students will be involved in storytelling, pantomime, auditioning, skit performance and acting for television commercials. A tape of the students' work in class will be shown to an agent for possible representation.

Instructor: Acting Express Production Staff

Fee: \$59 – Resident

\$64 – Non-Resident

(4-week session)

Material Fee: \$3 due to instructor during first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1791	8-14 yrs	Sep 13-Oct 4	Mon	4:00-5:30 pm
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New Non-Resident Fee Please note that the non-resident fee of \$5 is now in effect for certain City of Lake Forest recreation classes. Where applicable within our Fall Leisure Times, this fee is calculated into the cost of the class. If you are a non-resident, please review your program registration carefully and be sure to submit the correct fee for enrollment. Here is an example of what you will see regarding the new fee structure:

Fee: \$59 – Resident

\$64 – Non-Resident

Modeling Development

Develop your own personal style during this detail-oriented course. Students will learn poise, hair and make-up skills along with common industry practices. By the end of the class, participants will know how to produce an effective resume and the techniques involved in participating in a runway show.

Instructor: Acting Express Production Staff

Fee: \$59 – Resident
\$64 – Non-Resident
(4-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

Material Fee: \$3 due to instructor during first class meeting

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1792 8-14 yrs Oct 18-Nov 8 Mon 4:00-5:30 pm

Bumper Bowling

Kids will love this bowling class because with bumpers, there are no gutter balls. The first two weeks of this class are spent teaching basic delivery skills and etiquette, while the last six weeks are spent integrating these skills into individual league play, while establishing a bowling average. By the end of the eight week session, your child will be confident enough to join a junior league or just practice with friends. Bowling balls, shoes and a certified bowling instructor are provided during the class.

Instructor: Treasa Spencer

Fee: \$80 per participant – Resident
\$85 per participant – Non-Resident
(8-week session)

Location: Forest Lanes Bowling Alley (22771 Centre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1793 3-7 yrs Sep 25-Nov 13 Sat 9:30-10:30 am

Bowling for Fun

Here's a great way to improve your bowling skills and learn the basic fundamentals of bowling. The first two weeks of this class are spent teaching basic delivery skills and etiquette, while the last six weeks are spent integrating these skills into individual league play, while establishing a bowling average. By the end of the eight week session, your child will be confident enough to join a junior league or just practice with friends. House balls, shoes and a certified bowling instructor are provided during the class.

Instructor: Treasa Spencer

Fee: \$80 per participant – Resident
\$85 per participant – Non-Resident
(8-week session)

Location: Forest Lanes Bowling Alley (22771 Centre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1848 8-17 yrs Sep 25-Nov 13 Sat 9:30-10:30 am

Youth Kung Fu and Conditioning Class

Kung fu stresses self-discipline, self-defense and personal growth. Students will learn that kung fu is about balance and self-discipline. Kung fu is not about winning or losing, it is about focus, enrichment and tolerance for others. This class will encourage self-control and respect for others. Classes are taught in a relaxed, social environment. **Free demo classes will be held on Monday, September 6 and Tuesday, September 7 at 4:00pm, please call (949)351-8493 to RSVP as space is limited.** In order to insure quality instruction and comfort, there is a **15-student limit** for this class. **Ages 5 to 15 may attend.** www.laukunedo.com

Instructors: Tai Weidmann and Mathew Carver

Fee: \$80 per participant – Resident
\$85 per participant – Non-Resident
(4-week session)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St #207)

To Register: On-line, Mail In, Walk-In

For more info call: Lau Kune Do Temple of Martial Arts at 351-8493

Act#: 1795	5-9 yrs	Sep 13-Oct 6	Mon/Wed	3:00-4:00 pm
Act#: 1796	5-9 yrs	Sep 14-Oct 7	Tue/Thu	4:00-5:00 pm
Act#: 1797	10-15 yrs	Sep 13-Oct 6	Mon/Wed	4:00-5:00 pm
Act#: 1798	10-15 yrs	Sep 14-Oct 7	Tue/Thu	3:00-4:00 pm

Tennis For Everyone ~ Youth

Children are invited to learn to play this fascinating sport. Participants will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident
\$100 per participant – Non-Resident
(8-week session)

Materials Fee: A \$10 T-shirt fee (uniform) payable to the instructor first day of class.

Location: Monday classes – Pittsford Park (21701 Pittsford Dr)
Wednesday classes – Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1799	3-5 yrs	Sep 27-Nov 15	Mon	3:30-4:30 pm
Act#: 1800	6-7 yrs	Sep 27-Nov 15	Mon	4:30-5:30 pm
Act#: 1801	8-12 yrs	Sep 27-Nov 15	Mon	5:30-6:30 pm
Act#: 1802	3-5 yrs	Sep 29-Nov 17	Wed	3:30-4:30 pm
Act#: 1803	6-7 yrs	Sep 29-Nov 17	Wed	4:30-5:30 pm
Act#: 1804	8-12 yrs	Sep 29-Nov 17	Wed	5:30-6:30 pm

New Non-Resident Fee Please note that the non-resident fee of \$5 is now in effect for certain City of Lake Forest recreation classes. Where applicable within our Fall Leisure Times, this fee is calculated into the cost of the class. If you are a non-resident, please review your program registration carefully and be sure to submit the correct fee for enrollment. Here is an example of what you will see regarding the new fee structure:

Fee: \$59 – Resident
\$64 – Non-Resident

Family

"White Christmas" Auditions and Performance



A live stage performance of this holiday classic will be portrayed by the Lake Forest Players as they present their own interpretation of this all-time favorite film and production. Excerpts of scenes and music from the original production will be showcased to bring back the fond memories and charm of this wonderful winter tale. Ages 8 and up are welcome at the free auditions which will include cold readings from the script. There will be a total of 3 live stage performances at the conclusion of this course.

Walk-in Auditions: Saturday, October 9th from 1:00-3:00pm

Callbacks: Sunday, October 10th from 1:00-3:00pm

Instructor: Robert Michael Conrad

Fee: \$150 – Resident – Rehearsal course*

\$155 – Non-Resident – Rehearsal course*

Material Fee: \$50 due to the instructor during the first rehearsal date*

Location: Lake Forest Community Center
(25550 Commercentre Dr.)

To Register: Walk-in after receiving a role

For more info call: The City of Lake Forest at 461-3450

Act# TBD 8 yrs-Adult Dates TBD Times TBD

*Fees only applicable to those who receive a role in the production

Beginning Guitar

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner.

Instructor: Ron Gorman

Fee: \$95 – Resident

\$100 – Non-Resident

(5-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1805 Families Nov 24-Dec 22 Wed 5:00-6:00 pm

New Non-Resident Fee

Please note that the non-resident fee of \$5 is now in effect for certain City of Lake Forest recreation classes. Where applicable within our Fall Leisure Times, this fee is calculated into the cost of the class. If you are a non-resident, please review your program registration carefully and be sure to submit the correct fee for enrollment.

Here is an example of what you will see regarding the new fee structure:

Fee: \$59 – Resident

\$64 – Non-Resident

Dog Obedience Class

This class focuses on basic obedience and solving behavior problems such as biting, jumping, barking, chewing, and digging. The primary goal is to turn the unruly pet into an enjoyable, well-mannered companion and a member of the family. Do not bring dog to first class. Owner must provide proof of vaccinations, choke chain, and leash. This course is designed for dogs at least 4 months of age or older.



"Buddy" Silvey

(Participants who show proof of adopting an animal from the Orange County Animal Shelter within six months of the adoption date, will receive a 25% discount on the registration fee. Only valid for Mail-in and Walk-In registration with copy of adoption papers. On-line registration is not available for discount program.)

Instructor: Mari Quillman

Fee: \$65 – Resident

\$70 – Non-Resident

(8-week session)

Location: Heroes Park (25420 Jeronimo Road)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1806 Families Sep 15-Nov 3 Wed 7:00-8:00 pm

Seriously Awesome Sitters

Here's the ultimate babysitter preparation class! Not only will you become certified in Basic First Aid and Adult, Child and Infant CPR, but you'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be recognized as an awesome sitter that will be asked back again and again! **An additional \$40 material fee is payable to the instructor in class for training manuals, certification cards, mannequins, supplies, etc.).** Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or Teddy Bear to class.

Instructor: Workshops on Wellness –
Sabrina Bradley, MS, CHES

Fee: \$28 – Resident

\$33 – Non-Resident

(one-time workshop)

Material Fee: An additional \$40 material fee is due to instructor the day of class

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1807 10-Adult Oct 9 Sat 10:00 am-5:00 pm

Three easy ways to register:
on-line, mail-in or walk-in!
Turn to pages 31-32 for more info.

CPR/AED: Adult, Child and Infant

The ability to perform CPR properly is a lifesaving skill that everyone could benefit from learning. This American Safety and Health Institute (ASHI) course is OSHA approved and covers CPR and the Heimlich Maneuver for adults, children and infants. **Participants will also learn how to use an AED (Automatic External Defibrillator). In addition, each participant will have his/her own 2 mannequins on which to practice. Participants will receive a certification card which is valid for 2 years. Participants should bring a self-addressed stamped envelope, pen and a \$13 materials fee (workbook, certification card, supplies) to class. Please Note: This is not a Healthcare Provider level course.**

Instructor: Workshops on Wellness –Sabrina Bradley, MS, CHES

Fee: \$28 – Resident
\$33 – Non-Resident
(one-time workshop)

Material Fee: An additional \$13 material fee is due to instructor the day of class

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1808	10-Adult	Sep 15	Wed	7:00-9:45 pm
Act#: 1809	10-Adult	Oct 9	Sat	12:30-3:00 pm
Act#: 1810	10-Adult	Nov 10	Wed	7:00-9:45 pm

Basic First Aid

This American Safety and Health Institute (ASHI) course meets OSHA requirements and is EMSA-approved for daycare providers. This course covers how to treat bleeding, burns, shock and other emergencies. Participants will receive a First Aid card valid for three years. **Participants should bring a self-addressed stamped envelope.** Please note: This is not a Health Care Provider level course.

Instructor: Workshops on Wellness –
Sabrina Bradley, MS, CHES

Fee: Free – Resident
\$5 – Non-Resident

(Pre-registration is required for this course and space is limited)

Material Fee: An additional \$13 material fee is due to instructor the day of class

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1811	10-Adult	Oct 9	Sat	3:00-5:00 pm
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New Non-Resident Fee Please note that the non-resident fee of \$5 is now in effect for certain City of Lake Forest recreation classes. Where applicable within our Fall Leisure Times, this fee is calculated into the cost of the class. If you are a non-resident, please review your program registration carefully and be sure to submit the correct fee for enrollment. Here is an example of what you will see regarding the new fee structure:

Fee: \$59 – Resident
\$64 – Non-Resident

Adult

Floral Design Workshops

Learn how to create artistic flower arrangements like a professional designer. These classes focus on basic floral design skills along with an introduction to design tools, flower descriptions and seasonal availability. Each student will create a beautiful flower arrangement using colors and flowers of the season. Students need to bring floral shears, wire cutters and scissors to class. Each workshop focuses on a different aspect of floral design. Note: The flower arrangements retail for approximately \$85.00 and will be taken home by the students.

Instructor: Theresa Hoefnagels

Fee: \$30 – Resident
\$35 – Non-Resident
(1-day workshop)

Materials Fee: An additional cash-only material fee of \$35 due to instructor at first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1812	Basic Design	Adult	Sep 15	Wed	6:00-8:00 pm
Act#: 1816	Intermediate Design	Adult	Sep 22	Wed	6:00-8:00 pm
Act#: 1814	Wedding Bouquet	Adult	Sep 29	Wed	6:00-8:00 pm
Act#: 1815	Wedding Center Piece	Adult	Oct 6	Wed	6:00-8:00 pm
Act#: 1813	Party Design	Adult	Oct 13	Wed	6:00-8:00 pm

Yoga Booty Ballet

Come see what the hype is about! The YBB phenomenon started in LA, moved to DVD and is now available to you! This new LA workout for the "New Millennium" is a fun, spirited way to get a great workout the Hollywood way burning 400 calories. Participants work their body with a hybrid of hatha yoga, exhilarating cardiovascular dance, and the grace and strength training of ballet movements. This class is geared towards men and women who want the strength and muscle conditioning of yoga, but also crave a great cardio class to increase their endurance. Make sure you reserve your spot early as classes do fill up! For more information on Orange County Dance Productions and Yoga Booty Ballet please visit OCDanceProductions.com.

Participants need to bring yoga mat and water.

Free trial classes will be held on Mon. 9/20 at 6:30. To register for trial class please call 714-389-1933 as space is limited.

Instructor: Kim Esmond, OC Dance Productions

Fee: \$96 – Resident
\$101– Non-Resident
(8-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1817	18 & up	Sep 27-Nov 15	Mon	6:30-7:30 pm
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Drums of Africa



This unique course is an introduction to the West African djembe (a skin-covered hand drum) ensemble and its rich traditions, cultural aspects and celebrations. Using traditional technique and rhythm patterns, we will explore the musical spirit of traditional as well as contemporary popular hand drumming. Instructor provides drums and you may bring your own djembe.

Instructor: George Medlock

Fee: \$49 – Resident
\$54 – Non-Resident
(4-week sessions)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1849 18 & up Sep 13-Oct 4 Mon 6:00-7:15 pm
Act#: 1850 18 & up Oct 11-Oct Nov 1 Mon 6:00-7:15 pm

Beginning Dog Agility



This class is an introduction to one of the fastest growing sports around – dog agility. Our Intelligent Agility classes focus on learning the basic obstacles in an agility course, strengthening the bond between you and your dog, getting a little extra oxygen into the bloodstream, and having a really good time with your pooch. This is beginning agility, so it will not be strenuous. At the end of the course you will be surprised at how much both you and your dog have learned. Dogs must have proof of vaccination and have completed a previous obedience class. Dogs also must be at least 8 months of age to participate.

Instructor: Erin Riley

Fee: \$125 – Resident
\$130- Non-Resident
(5-week session)

Location: Pittsford Park (21701 Pittsford Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act# 1847 Adult Sep 11-Oct 9 Sat 10:00-11:00am

Kung Fu: Self-Defense

Over the course of 8 structured classes, we will focus on life-saving self-defense, fitness and self-knowledge. It also strengthens tendons, stretches muscles and invigorates joints and tissues. Kung fu challenges your body and mind, cultivates self-discipline and increases strength and flexibility. **Free demo classes will be held on Monday, September 6 at 7:00 pm and Tuesday, September 7 at 6:00 pm, please call (949) 351-8493 to RSVP as space is limited.**

Instructors: Mathew Carver and Paul Bennett

Fee: \$100 per participant – Resident
\$105 per participant – Non-Resident
(4-week session; attend 2 classes per week)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St #207) www.laukunedo.com

To Register: On-line, Mail In, Walk-In

For more info call: Lau Kune Do Temple of Martial Arts at 351-8493

Act#: 1821 Adult Sep 13-Oct 6 Mon/Wed 10:00 -11:00 am
Act#: 1822 Adult Sep 13-Oct 6 Mon/Wed 7:00-8:00 pm
Act#: 1823 Adult Sep 14-Oct 7 Tue/Thu 6:00-7:00 pm

Tai Chi: Relaxation, Balance and Stress Reduction

Over the course of 8 structured classes, you will learn to cultivate your own internal energy and reduce stress the natural way with the flowing, gentle art of tai chi. This meditative art focuses on relaxation, stress reduction and returning the body to its natural state of balance. You can expect your energy levels to skyrocket while your circulatory, nervous and respiratory systems strengthen and harmonize. Tai chi increases flexibility through simple stretching and helps galvanize the joints, tendons and bones from degenerating diseases, accidents or over-use. **Free demo classes will be held on Monday, September 6 at 6:00 pm and Tuesday, September 7 at 7:00 pm, please call (949) 351-8493 to RSVP as space is limited.** Please wear comfortable, loose fitting clothing. In order to ensure quality instruction and comfort, there is a **15-student limit** for this class.

Instructors: Mathew Carver

Fee: \$100 – Resident
\$105 – Non-Resident
(4-week session; attend 2 classes per week)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St #207) www.laukunedo.com

To Register: On-line, Mail In, Walk-In

For more info call: Lau Kune Do Temple of Martial Arts at 351-8493

Act#: 1824 Adult Sep 13-Oct 6 Mon/Wed 6:00-7:00 pm
Act#: 1825 Adult Sep 13-Oct 6 Mon/Wed 9:00-10:00am
Act#: 1826 Adult Sep 14-Oct 7 Tue/Thu 7:00-8:00 pm

Tennis For Everyone ~ Adult

You will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting. A \$10 T-shirt fee (optional) is payable to the instructor on the first day of class.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident
\$100 per participant – Non-Resident
(8-week session)

Location: El Toro Park Tennis Courts (23701 Los Alisos Blvd)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1827 16 yrs & up Oct 2-Nov 20 Beg Sat 9:00-10:00 am
Act#: 1828 16 yrs & up Oct 2-Nov 20 Int Sat 10:00-11:00 am

New Non-Resident Fee

Please note that the non-resident fee of \$5 is now in effect for certain City of Lake Forest recreation classes. Where applicable within our Fall Leisure Times, this fee is calculated into the cost of the class. If you are a non-resident, please review your program registration carefully and be sure to submit the correct fee for enrollment.

Here is an example of what you will see regarding the new fee structure:

Fee: \$59 – Resident
\$64 – Non-Resident

SPECIAL NEEDS

us too gymnastics, inc.
For kids who need a little extra help

The City of Lake Forest in conjunction with Us Too Gymnastics is excited to be able to offer recreation programs for children with special needs.

Us Too Gymnastics ~ Mommy and Me

Our gymnastics class is specifically designed for children and teens with special needs (autism, down syndrome, etc.) Your child will learn basic gymnastics, while working on social behaviors and taking turns, but most of all they will have fun. The ratio for our classes is 3 – 5 students with 2 teachers.

Instructors: Nol Ericson, Anne Rodgick, Jordan Richard, Lindsey Smith and Sommer Smith

Fee: \$125 per month – Resident
\$130 per month- Non-Resident

Location: 25 Spectrum Pointe Dr #405

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1829 Walking-12 yrs Mommy& Me On-going Tue 4:00-4:45 pm

Act#: 1830 Walking-12 yrs Beg On-going Mon 3:00-3:45 pm

Act#: 1831 Walking-12 yrs Int On-going Thu 5:00-5:45 pm

Pragmatics, Gymnastics, Discussion and Percussion

Social skills taught in themed weeks including a drum circle, community outings, gymnastics and recess play. Ideal for kids 7-11 needing a little extra help with topic maintenance, using expressions, reading social cues, accepting losing/being chosen last on a team, being a good sport, and much more.

Instructor: Shaun Howell M.S. CCC-SLP

Fee: \$60 per session/\$240 per month – Resident
\$65 per session/\$260 per month – Non-Resident

Location: 25 Spectrum Pointe Dr #405

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1832 7-11 yrs On-going Fri 5:00-6:00 pm

Us Too Tap

Let your child tap their troubles away. This class will teach your child basic tap skills while they tap their feet to a real cool beat.

Instructors: Dawn Ferry

Fee: \$45 per month – Resident
\$50 per month – Non-Resident

Location: 25 Spectrum Pointe Dr #405

To Register: Mail-In, Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Act#: 1833 All Ages Ongoing Sat 10:00-10:30 am

What Is VIP Soccer?



Soccer exclusively for players with special needs

American Youth Soccer Organization (“AYSO”) programs allow any child to enjoy the benefits of soccer, regardless of ability or circumstances, and to get the utmost benefit at every level- from beginner to advanced.



Very Important Player (“VIP”)

VIP is a special program for players 4½ years and older facing special mental and/or physical challenges including, but not limited to: Autism; Cerebral Palsy; Down syndrome; blind or visually impaired; amputees or other conditions that impair mobility; and mentally or emotionally challenged players. The program has special rule allowances so more children can enjoy playing AYSO soccer. For all those parents who may have thought they would never see their mentally and/or physically challenged children playing a sport or making new friends, VIP gives them joy and hope. Their children will be part of a team, get great exercise, and, most importantly, have fun!

To register or for more information: e-mail Yvonne Arnett, Lake Forest VIP Administrator, at VIP@ayso85.org or Kerry Mackey at VIP@ayso41.org.



Fall 2010 Programs

El Toro Branch Library

24672 Raymond Way • 855-8173

ADMISSION FREE:

All programs made possible through the generosity of The Friends of the El Toro Library

CHILDREN'S PROGRAMS

Toddler Time:

Babies ages 0-3 and their caregivers are invited to join us for a 30-minute program featuring songs, stories, rhymes and playtime for the youngest book lovers. Mondays, September 20, 27, October 4, 18, 25, and November 1 & 8 beginning at 10:00 a.m. in the Community Room.

Preschool Storytime:

Children ages 3-5 may come to a 30-minute storytime full of rhymes, stories, finger plays and more. Join us in the Community Room on Wednesdays, September 22, 29, October 6, 13, 20, 27, and November 3 & 10 beginning at 1:30 p.m. Parents welcome.

Spanish Storytime:

Stories and rhymes in Spanish for ages 2-5. Dates to be determined. Call Library for details.

FAMILY PROGRAM

EL TORO LIBRARY OPEN HOUSE:

"Make it a Library Night!"

John Abrams' Animal Magic Show.

Wednesday, September 29, 7:00 p.m. in the Community Room.

Afterschool Fun:

Programs for Ages 6-12. Fourth Tuesdays from 4:00 to 4:45 p.m. October 26 and November 23. Call Library for details.



Visit www.ocpl.org
for more information

Foothill Ranch Library

27002 Cabriole Way • 855-8072

ADMISSION FREE:

All programs made possible through the generosity of The Friends of the Foothill Ranch Library

CHILDREN AND TEEN PROGRAM

Pre-School Storytime: Tuesdays, 10:30 a.m., Sept. 21-Nov. 16

Ages 3-5. Parents and caregivers welcome. Time for the leaves (of books!) to turn. Join us for 30 minutes of fun stories, songs, finger plays, and maybe a craft or two.

Toddler Storytime, Tuesdays, 11:30 a.m., Sept. 21-Nov. 16

Ages 0-2. Parents and caregivers welcome. Designed for the youngest of book lovers, these 30-minute sessions feature simple stories, fun rhymes and lap sit activities.

Family Evening Storytime, Wednesdays, 7:00 p.m., Sept. 22-Nov. 17

Recommended for families with children up to eight years of age. 30 minutes of seasonal stories and activities that the entire family can enjoy.

KAPLAN ACT/SAT Practice Test for Teens, 10:30-2:30 p.m., Saturday, Oct. 2

Ages 15-18. Get pointers on improving your scores and take a practice test. Then review your scores on October 7 from 6:30-7:30 p.m. Please bring a #2 pencil and calculator. To register, call 1-800-KAP-TEST or enroll at kaptest.com/practicetest, code SKOC0065. Parents welcome.

ADULT PROGRAM

October Festival Craft Boutique and Fundraiser for the Library, Saturday, October 9, 10:00 a.m.-4:00 p.m.

A variety of vendors will be on hand to showcase and sell their wares. 10% of all proceeds will go to the Friends of the Foothill Ranch Library which funds and supports programs provided by the Library. Everything from hand-painted glass, specialty food items, ceramics, hand-made quilts, jewelry and other hand-crafted items will be available for purchase.

Start your holiday shopping early and help raise money for your local branch library! The Friends of the FHR Library is a 501(c)(3) tax-exempt organization. For more info, please contact Sharon Hankins at 472-9667.

Red Cross Blood Drive, Monday, Nov. 15, Noon-6:00 p.m.

Help your local community maintain its emergency blood supply. For more information or to schedule an appointment, contact Laura Rudd at rud-dla@usa.redcross.org.

HOW TO REGISTER

Fall 2010 Registration Dates

Lake Forest Residents: Tuesday, August 17

Non-Residents: Tuesday, August 24

The image shows a 'Program Registration Form' from the City of Lake Forest - Community Services Division. It includes fields for 'PRIMARY CONTACT' (Last Name, First Name, Birthdate, Street Address, Home Phone, Cell Phone, Email, City, State, Zip, Work Phone, Emergency Phone) and checkboxes for 'Male' and 'Female'. There is also a section for 'Secondary Contact' (Name, Address, Phone, Email) and a 'Signature' line.

3 easy ways to register:

1 ON-LINE REGISTRATION

Call the City of Lake Forest at 461-3450 to get your Family On-Line Account set-up. We recommend calling prior to **Tuesday, August 17**.

Go on-line to <https://online.activecommunities.com/lfreonline> to register or visit the City's website at www.lakeforestca.gov and click on the on-line registration button located under Recreation Services or on the left hand side of the home page.



2 MAIL-IN REGISTRATION

Complete the Program Registration Form and enclose your check payable to the "City of Lake Forest." Please complete a registration form with a separate check for each program.

Mail to: City of Lake Forest, Attn: Program Registration,
25550 Commercentre Drive, Suite 100
Lake Forest, CA 92630



3 WALK-IN REGISTRATION

Bring the Program Registration Form, your check, or cash to City Hall, located at 25550 Commercentre Drive (2nd floor), Lake Forest, CA 92630.



Refund Policy

1. A full refund will be given for any activity cancelled by the City of Lake Forest.
2. In the case of a City excursion, if a refund is requested and the City is able to fill the spot, the participant will receive a full refund minus the \$10 administrative fee.
3. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take up to 30 days to process from the date of cancellation of a program.
4. Tickets that are purchased for City of Lake Forest Excursions are non-transferable.
5. Refunds will not be given for any portion of recreation classes after the second meeting of the class has taken place. If a refund is requested prior to the second week of class, a refund will be given minus a \$10 administrative fee.
6. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).

Credit Card Payments are not accepted at City Hall for programs.

General Information

1. All programs are subject to cancellation or schedule changes.
2. We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
3. In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list. You will receive a mailed notification if this occurs.
4. Please submit a separate check for each program with your registration form. In the case that you do submit one check for numerous activities and one of them is full, we cannot process your registration and it will be returned to you.
5. Registrant must meet the minimum or maximum age requirements for class enrollment.
6. Your cancelled check will serve as your receipt. Please contact us if you would like a printed receipt sent to you.
7. Returned check policy: If your check is returned to us, you will be charged a \$25.00 fee in addition to the amount of the original check. You will be prohibited from registering for future programs until any returned check issues are resolved.
8. Activities may be cancelled if the minimum is not met. You will be contacted if a class or program for which you have registered has been cancelled.
9. A \$5.00 non-resident fee will be charged for certain classes and programs, effective Fall 2010.

**Questions on
Registration?
Call 461-3450**





City of Lake Forest • Community Services Division

Program Registration Form

If you need more than one registration form, please photocopy.

PRIMARY CONTACT (responsible adult for registering persons into courses)

Last Name _____	First Name _____	<input type="checkbox"/> Male <input type="checkbox"/> Female
Birthday _____ (mm/dd/yy)	Email _____	
Street Address _____	City, State, Zip _____	
Home Phone () _____	Work Phone () _____	
Emergency Contact _____	Emergency Phone () _____	

OTHER FAMILY MEMBERS living with primary contact (spouse, children, etc.)

Children's birthdates must be filled out completely in order to process registrations.

Last Name	First Name	Birthday	Sex
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F

Please make sure registrant meets the minimum or maximum age requirements for class enrollment prior to submitting Program Registration Form.

Activity #	Participant Name	Birthday	Sex	Activity Name	Fees
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F		
Please send a separate check for each activity					Total Activity Fees

REFUND POLICY In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will be not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).

 **If you need special assistance for this program, please contact the Recreation Division ASAP at 461-3450.**

PARTICIPANT AND/OR PARENT RELEASE FORM

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury. ☐ Yes ☐ No
I further agree to pay any and all costs incurred as a result of said treatment.

I permit the use of activity/event photography and/or video of my child or myself for media promotion. ☐ Yes ☐ No
Please contact me via email regarding upcoming city events and news at: _____ ☐ Yes ☐ No

I agree to waive and release the City of Lake Forest (City), its officers, agents, employees and volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the City's Programs or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the City from and against any and all claims, except for illness and injury resulting directly from gross negligence or willful misconduct on the part of City or its employees.

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

Date _____

(Signature) Parent or Guardian must sign for those under 18 years of age

Mail this form with your payment to: **City of Lake Forest**
ATTN: Program Registration
25550 Commercentre Drive, Suite 100
Lake Forest, CA 92630

Questions on
Registration?
Call 461-3450



Receipt of this signed form and your payment confirms your registration based upon availability until the activity is full.

Office Use Only Receipt# _____ Paid by Check# _____ Paid by Cash Amount _____ Initial/Date _____ Conf _____

Credit Card Payments are not accepted at City Hall

City Of Lake Forest Park Guide



CITY PARKS

		Acres	Barbecues	Basketball	Playground	Fitness/Walking	Picnic	Restrooms	Soccer	Baseball	Tennis Court
1	Alton Park 18992 Alton Parkway	2.3	4	1 ^{hc}	1		9				
2	Borrego Park 26982 Cabriole	11	5	1 ^{hc}	1	1	11	1	1		
3	Borrego Overlook Park 21 Viaggio Lane	1.6	3		1		5				
4	Cavanaugh Mini Park 23782 Cavanaugh Road	0.2		1 ^{hc}	1		1				
5	Cherry Park 22651 Cherry Avenue	4.5	6	1 ^{hc}	1		4 1 ^s				
6	Concourse Park 18931 Saddleback Ranch Road	7	2	1 ^{hc}	2	1	14 2 ^s				
7	Darrin Park 22461 Cherry Avenue	3.1	6	1 ^{hc}	1		11 1 ^s				
8	El Toro Park 23701 Los Alisos Boulevard	10	4		1		7 1 ^s	1			2 ^L
9	Etnies Skatepark of Lake Forest 20028 Lake Forest Drive	5.3			Skate-park L			1			
10	Foothill Ranch Community Park 19422 Rue De Valore	15.5		1 ^{fc}	1	1	7	1	1	2	2
11	Heroes Park 25420 Jeronimo Road	12.4	1			1	2	1	2	4	
12	Lake Forest Park 24000 Serrano Road	2.3			1						
13	Montbury Park 21962 Montbury Drive	3.5	1				2				
14	Mountain View Park 4061 Dylan Street	5.3	3	1 ^{fc} 1 ^{hc}	2		7 1 ^s			1	2 ^L
15	Nature Park 26215 Dimension Drive	4.5			1		1 ^s				
16	Peachwood Park 21132 Peachwood	2.7			1		4				
17	Pebble Creek Park 26441 Pebble Creek Road	1.9			1		1				
18	Pittsford Park 21701 Pittsford Drive	10	2		2	1	8 1 ^s	1			2 ^L
19	Rancho Serrano Park 20842 Paseo Sombra	5.1	3				7				
20	Ranchwood Park 22500 Killy Street	1.9		1 ^{hc}	1						
21	Regency Park Regency Lane & Osterman Road	5								1	
22	Ringgate Park 29772 Ringgate	5	1	1 ^{fc}	3		10 1 ^s				1
23	Serrano Creek Park 25101 Serrano Road	44	3		1	1	19 1 ^s	1			
24	Sundowner Park 22041 Sundowners Lane	0.8	1		1		2				
25	Tamarisk Park Tamarisk at Peachwood	11.2		1 ^{fc}	1		11			1	
26	Village Pond Park 23102 Ridge Route Drive	4.7					5				
27	Vintage Park 21000 Vintage Street	4.8	5	1 ^{fc} 1 ^{hc}	1		11				



renovation in progress

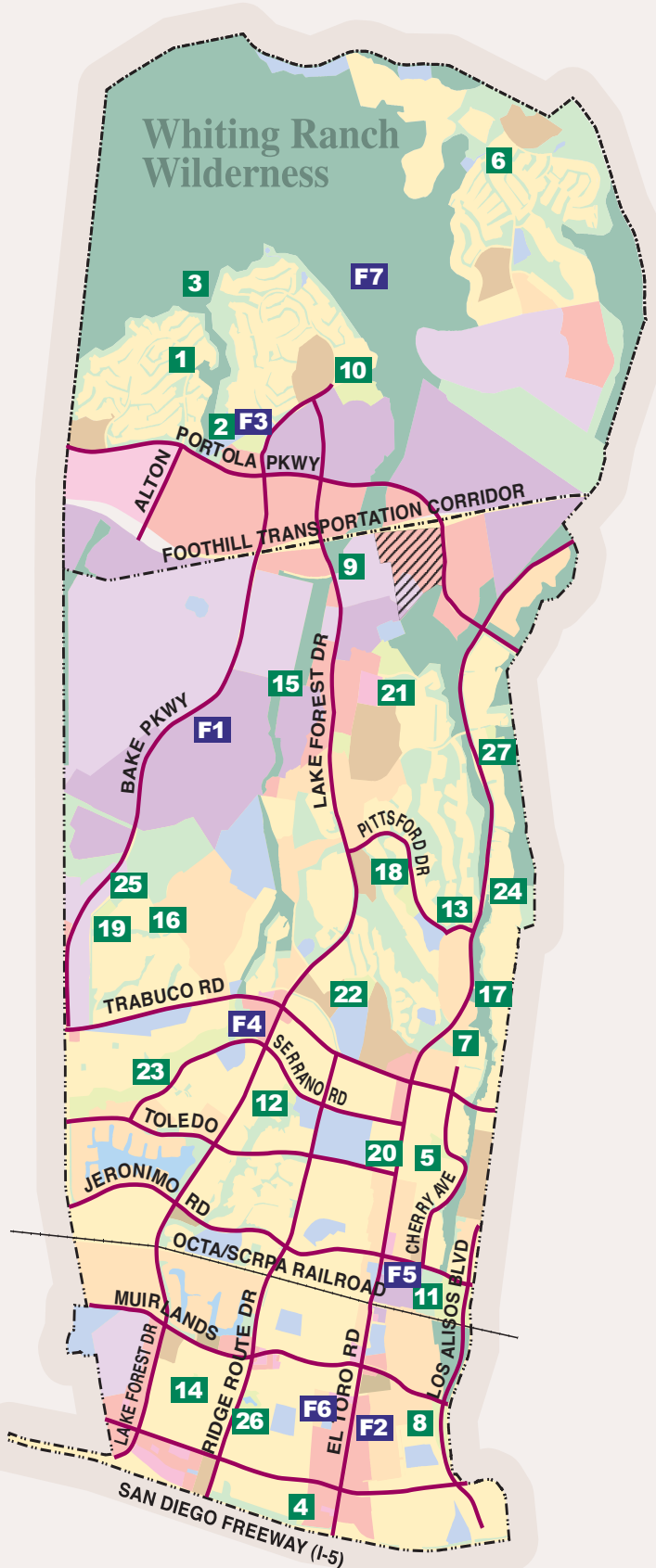


park shelter available for reservation

• ^{fc} full court • ^L lights
• ^{hc} half court • ^s shelter

OTHER FACILITIES

F1	City Hall	25550 Commercentre #100	461-3400
F1	Community Center	25550 Commercentre	461-3450
F2	El Toro Library	24672 Raymond Way	855-8173
F3	Foothill Ranch Library	27002 Cabriole	855-8072
F4	Heritage Hill Historical Park	25151 Serrano Road	923-2230
F5	Lake Forest Golf	23308 Cherry Avenue	859-1455
F6	El Toro Post Office	24522 Raymond Way	837-1976
F7	Whiting Ranch Regional Park	Trabuco Canyon	923-2245





HAUNT AT HERITAGE HILL FRIDAY NIGHT FRIGHT

October 22 • 5:30 - 10 pm

Ages 12 and older please...



For more info look inside on page 1... if you dare!